NOVA SCOTIA
Senior Citizens Secretariat

Programs for Seniors 2003

Healthy, Active Living!

14th Edition

Inside:
Valuable information for those 50+ and their families

Complimentary Copy

Sound **familiar...**

- falling asleep after meals
- low sex drive
- lack of energy
- less strength and endurance
- less enjoyment of life
- reduced work performance
- frequent sadness or irritability
- erectile problems
- more body fat

This man is experiencing Andropause.

What about you?

If you're getting on in years and experiencing some of these symptoms, talk to your doctor.

For more information about Andropause log on to www.andropause.ca

A Message from Premier John Hamm

I would like to congratulate the Senior Citizens' Secretariat on the production of the 14th annual publication of *Programs for Seniors*.

This year's edition includes more detailed information on the topics seniors have said they want to know more about.

Over 60,000 copies of this comprehensive directory are distributed across the province, serving as a valuable resource to seniors, families, and the many Nova Scotians who work on behalf of seniors.

Seniors continue to make tremendous contributions to our province in their dedication to many community groups and organizations. I hope that this directory will serve them as well as they have served us.

I would also like to pass along thanks to the many seniors who consistently make themselves available to our government so that we can set priorities and policies together.

Sincerely,

John Hamm

John Hamm

A Message from the Chairperson
The Honourable Jane Purves

It gives me great pleasure, as Chairperson of the Senior Citizens' Secretariat, to extend best wishes to Nova Scotia's seniors in 2003.

This 14th Edition of *Programs for Seniors* features a wealth of information of interest and importance to seniors. The detailed section on continuing care services and the new listings on sport, recreation, and active living are a few of many additions to this year's directory that are well worth reading.

We are committed to improving the programs and services seniors need to live long, happy, and healthy lives. This year, as government and seniors continue working together, the valuable guidance and input of seniors and seniors' organizations will help us to identify areas of priority and appropriate change.

The Secretariat welcomes your comments on this edition of *Programs for Seniors*. If you require additional information, our toll-free number, **1-800-670-0065** is available and our staff will be happy to provide you with the assistance you need.

Jane Purves

Jane Purves
Minister of Health

Minister of Health Ministre de la Santé

I am honoured as the federal Minister of Health, and Minister Responsible for Seniors, to extend congratulations to the Nova Scotia Senior Citizens' Secretariat on the 14th edition of the *Program for Seniors.*

In 2001, one Canadian in eight was age 65 years or over - the fastest growing segment of the Canadian population. By 2026, one Canadian in five will have reached age 65. Nova Scotia alone has one of the most rapidly aging population bases in Canada.

It is crucial that seniors have access to information on the services, activities and programs available to them. I am confident you will find answers to all of your questions in the *Programs for Seniors*. As in the past, this publication continues its fine work of providing useful information to seniors, and as a result, fostering seniors' important role in the life of our communities.

Health Canada is pleased to partner with the province of Nova Scotia on many significant projects involving seniors' safety, security and healthy aging. Health Canada, in partnership with Veterans Affairs Canada, also provides support to develop innovative falls prevention programs in Nova Scotia and in other regions of the country.

As federal Minister of Health, my commitment is to listen to, and work with Canadians of all ages from coast to coast, as we move towards the renewal of our health care system. The Government of Canada is committed to ensuring that Canada remains well positioned to meet the challenge of an aging population.

My best wishes to the readers of this valuable resource. May it provide you with the information you require to maintain your overall health and well being as active and vital residents of Nova Scotia.

En ma qualité de ministre fédérale de la Santé et de ministre responsable des aînés, c'est un honneur pour moi que féliciter le Nova Scotia Senior Citizens' Secretariat pour la 14e édition de sa publication *Programs for Seniors* (Programmes pour les aînés).

En 2001, un Canadien sur huit avait 65 ans ou plus, faisant des aînés le segment de la population canadienne à l'augmentation la plus rapide. En 2026, un Canadien sur cinq aur a 65 ans. À elle seule, la Nouvelle-Écosse compte l'une des populations de base enregistrant la plus forte augmentation au Canada.

Il est impéritif que les aînés aient accès à l'information sur les services, les activités qui leur sont destinés. Je suis persuadée que la publication *Programs for Seniors* saura répondre à toutes vos questions. Comme mes éditions précédentes, cette publication continue de donner des reseignements utiles aix aînés et, ainsi, de supporter le rôle important qu'ils jouent dans la vie de nos collectivités.

Santé Canada se fait un plaisir de s'associer à la Province de la Nouvelle-Écosse pour la réalisation de nombreux projets enrichissants portant sur la protection, la sécurité et la santé des aînés. Santé Canada, en partenariat evec Anciens Combattants Canada, appuie également l'élaboration de programmes de prévention des chutes en Nouvelle-Écosse et dans d'autres régions du pays.

En tant que ministre de la Santé, je me suis engagée à écouter les Canadiens de tous âges d'un océan a l'autre et à travailler avec eux, alors que nous cheminons vers le renouvellement de notre système de soins de santé. Le Gouvernement du Canada s'est engagé à faire en sorte que le Canada rest à même d'assumer le défi que représente une population vieillissante.

Je salue tous les lecteurs de cette précieuse source d'information. Quelle vous donne toute l'information dont vous avez besoin pour conserver santé et bien-être, et demeurer des membres actifs et indispensables au sien de la population de la Nouvelle-Écosse.

A. Anne McLellan

A Anne McLell

Canada

00167203

Personal Record

Name __________
Address __________
Postal Code __________
Telephone __________
Social Insurance __________
Nova Scotia Health Card
____

Name, Address and Telephone Number Of:

Relative __________
Friend __________
Doctor __________
Lawyer __________
Clergy __________
Social Worker or Counsellor
____

Other Telephone Numbers:

Home Care 1-800-225-7225
Long-Term Care 1-800-225-7225
Pharmacy __________

Emergency Numbers:

Ambulance, Police, Fire **911**
Help Line __________
Hospital __________
Poison Control __________

When calling 911 say "This is an emergency." Tell the operator where help is needed and try to give the exact location of the emergency, if possible.

On the Cover

1. Closing Ceremonies, Canada Senior Games, 2002.
2. Tai Chi demonstration, 50+ Expo 2002.
3. Edith Colley reads a bike manual with her grandson.
4. Clara Gough, Weaving, 50+ Expo 2002.
5. Lawn Bowling, Canada Senior Games, 2002.
6. Corrine Maxwell reads with her grandson.
7. Sackvillle Senior Advisory Council, 50+ Expo 2002.

Frequently Called Numbers

Adult Protection	1-800-225-7225
Birth, Marriage and Death Certificates	1-877-848-2578
Continuing Care Services	1-800-225-7225
Debtor Assistance	1-800-670-4357 902-424-5200
General Enquiries (Government of Canada)	1-800-622-6232
GST Refunds	1-800-959-1953 902-426-3972
Home Care	1-800-225-7225
Income Tax – Personal	1-800-959-8281
– Volunteer Clinics	
Legal Information Society	902-454-2198
Long-Term Care	1-800-225-7225
MSI	1-800-563-8880
OAS and CPP	1-800-277-9914
Pharmacare Program	1-800-544-6191
Property Tax Rebate	1-877-296-9338
Public Enquiries (Government of Nova Scotia)	1-800-670-4357 902-424-5200
Residential Tenancies and Consumer Complaints	1-800-670-4357 902-424-5200
Senior Citizens' Secretariat	1-800-670-0065 902-424-0065
Seniors Safe Driving Discount	1-800-898-7668 902-424-5851

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Senior Citizens' Secretariat

The Secretariat, chaired by The Honourable Jane Purves, Minister of Health, serves as the coordinating body for senior citizens' affairs in Nova Scotia. Its mission is to facilitate and coordinate the planning and development of policies, programs, and services for seniors—a task it undertakes in partnership with government departments and in consultation with seniors. The Secretariat also functions as a resource and information centre on aging in Nova Scotia. The Ministers of the Secretariat are:

Honourable Jane Purves
Minister of Health, Chair of the Nova Scotia Senior Citizens' Secretariat

Honourable David Morse
Minister of Community Services

Honourable Peter C. Christie
Minister of Service Nova Scotia and Municipal Relations

Honourable Angus MacIsaac
Minister of Education

Honourable Rodney MacDonald
Minister of the Office of Health Promotion and Minister responsible for the Nova Scotia Sport and Recreation Commission.

Seniors' Information Line — To obtain information on programs and services for seniors or discuss any concerns you may have, call the Secretariat anytime, from anywhere in Nova Scotia, at no charge to you. The line operates Monday to Friday, from 8:30 am–4:30 pm, except holidays. An answering machine records messages left after hours and staff respond to them the next working day.

Phone: . . . .(902) 424-0065
Toll-free: 1-800-670-0065

Information Resource Centre — Visit the Secretariat's Information Resource Centre where you can browse through or borrow the latest publications on aging. The collection includes journals, books, magazines, newspapers, newsletters, videos, and pamphlets. The centre is located on the 4th Floor, Dennis Building, 1740 Granville Street, Halifax. Hours: 8:30 am–4:30 pm, Monday to Friday.

E-mail: scs@gov.ns.ca
Website: www.gov.ns.ca/scs

Nova Scotia Seniors' Art Gallery and Photo Gallery — If you're an artist or photographer aged 50+, consider displaying and selling your work at either the Seniors Art Gallery or Photo Gallery, located in Halifax, at the World Trade and Convention Centre. See page 37 for more information.

50+ Expo – Life is What You Make It — 50+ expo is a consumer trade show and exhibition for the 50+ crowd and their families. Plan to attend this year's expo, June 13 and 14, 2003, at Exhibition Park, in Halifax. See page 37 for more information.

Publications — Contact the Secretariat for copies of the following publications, or download them from the Secretariat's website.

> *Programs for Seniors* — You're reading this informative directory now! To suggest additions, place an ad, or request additional copies, contact the Secretariat.
>
> *Newsletter* — This quarterly publication provides helpful advice and information for seniors, their families, and those with an interest in gerontology – the field of aging. Your letters, articles, and items of interest are welcome.

Directory of Senior Citizens' Councils, Clubs, Centres, and Organizations — Containing the latest contact information for these active seniors' organizations.

Focus Fifty + — Featuring the first of a new series of brochures: *No. 1: Focus on Automobile Insurance*

For more information, contact:

Valerie J. White
Executive Director . . . . . .(902) 424-6322
Heather Praught
Coordinator . . . .(902) 424-4649
Stephen Coyle
Research/Policy Analyst . .(902) 424-4735
Mary Boutilier
Administrative Assistant .(902) 424-4737
Jane Mayer
Project Officer . . . .(902) 424-5874
Jane Phillips
Librarian . . . .(902) 424-4710
Senior Citizens' Secretariat
1740 Granville Street, 4th Floor
PO Box 2065, Halifax, NS B3J 2Z1
Phone: . . . .(902) 424-0065
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca
Website: www.gov.ns.ca/scs

Guaranteed Income Supplement (GIS)

If you are 65+, have a low or modest income, and are not receiving the GIS, call the Old Age Security Program to see if you qualify for benefits.

Call **1-800-277-9914**

Seniors' Organizations in Nova Scotia

Nova Scotia Seniors' Organizations — Group of IX

The Ministers and staff of the Senior Citizens' Secretariat consult actively in a variety of ways with seniors and retired Nova Scotians. Methods of consultation include the Secretariat's fall and spring consultations with seniors councils, seniors centres, and related agencies, and regular meetings with the Group of IX, an advisory group to the Secretariat on seniors' issues.

The Group of IX is independent of government. It may consult with other organizations and special interest groups in an effort to be fully informed and representative of the senior population of Nova Scotia. The Group of IX provides advice to the Minister of Health on matters such as Pharmacare and long-term care. Organizations whose elected representatives form the "Group of IX" are:

- Canada's Association for the Fifty-Plus (CARP)
- Canadian Pensioners Concerned, Nova Scotia (CPC)
- Federal Superannuates National Association, Nova Scotia Region (FSNA)
- Federation of Senior Citizens and Pensioners (FSCP)
- Gerontology Association of Nova Scotia (GANS)
- Nova Scotia Government Retired Employees Association (NSGREA)

Royal Canadian Legion, Nova Scotia/Nunavut Command (RCL)

Regroupement des Aînées et Aînés de la Nouvelle-Écosse (RANE)

Retired Teachers Association of Nova Scotia (RTA)

rganizations represented by the Group f IX are affiliated with national bodies iat meet with the Government of anada through the Congress of National eniors Organizations, a national forum. *ee page 22).*

or more information, contact:
1. Omer Blinn
hairman, Group of IX
03 Chemin à Pierre
hurch Point, NS B0W 1M0
hone: . . . .(902) 769-2258

anada's Association or the Fifty-Plus (CARP)

ARP promotes the rights and quality of fe of mature Canadians (50 and older). develops practical recommendations or a variety of issues, including an interated health care system, the new face of etirement, agism, successful aging, retirenent income, and environment. CARP is non-profit association and does not eceive government-operating funds.

lembership fee is $15.95 per year $43.95 for three years), including spouses. lembers can save on products and serices and receive the magazine. *CARP lews 50+*, which is mailed to members x times per year.

or more information, contact:
edvers F. Cainey
laritimes Representative
6 Millwood Drive
ackville, NS B4E 2V3
hone: . . . .(902) 864-7407
Phone: . . . .(416) 363-8748
E-mail: emurphy@fifty-plus.net
Website: www.fifty-plus.net

Canadian Pensioners Concerned Nova Scotia (CPC)

CPC addresses issues affecting older Nova Scotians, their families, and caregivers. Issues include: housing, pensions and finances, health care, abuse, legal concerns, transportation, and other issues. Anyone over 18 years of age can join and attend the monthly meetings.

The organization's ongoing activities include researching and preparing briefs, reports, and educational materials, communicating with government and networking with other organizations, taking part in conferences and meetings, sponsoring and implementing projects, hosting forums and workshops, and providing information on numerous topics that are of interest to the public.

You can also order publications from CPC, including: *Battered and Betrayed*, a book about elder abuse; *Housing Information Handbook for Older Nova Scotians; Action Through Advocacy*, an information/skills book; *My Plans for Me*, an education kit about advanced health-care directives; *Part of the Process*, enabling older caregiving women to participate; and *The Law and Older Nova Scotians*, a handbook of federal and Nova Scotia law, and other related issues.

CPC operates a walk-in information office, Monday to Friday, 10:00 am–4:00 pm (reduced summer hours).

For more information, contact:
Joan Lay, President
Starlite Gallery, Suite 325
Bayers Road Shopping Centre

7071 Bayers Road
Halifax, NS B3L 2C2
Phone: (902) 455-7684
(902) 477-5151
E-mail: cpc@ns.sympatico.ca
Website: www3.ns.sympatico.ca/cpc

Federal Superannuates National Association (FSNA)

FSNA advances, promotes and protects the interests of those who have retired from the federal public service, armed forces, and the Royal Canadian Mounted Police. FSNA is recognized by governments, national unions, and staff associations as the voice for federal superannuates.

For more information, contact:
Kenneth F. Brown
Regional Director, Nova Scotia
30 Brookdale Crescent, Unit 104
Dartmouth, NS B3A 4T7
Phone: (902) 463-2832
E-mail: nsfsna@attcanada.ca
or
Federal Superannuates
National Association
1052 St. Laurent Blvd.
Ottawa, ON K1K 3B4
Phone: (613) 745-2559
E-mail: info@fsna.com
E-mail: nsfsna@attcanada.ca
Website: www.fsna.com
or
Rex Guy, National President
2362 Brow Mountain Road West
RR5 Berwick, NS B0P 1E0
Phone: (902) 538-9523
E-mail: guy@fsna.com

Federation of Senior Citizens and Pensioners of Nova Scotia (FSCPNS)

This organization is composed of seniors' clubs and councils. It monitors seniors' programs, services and benefits. It also advocates for their maintenance and works closely with the eight other major seniors' organizations and the Nova Scotia Senior Citizens' Secretariat.

For more information, contact:
Eileen Amirault, President
Box 222, West Pubnico
Yarmouth, NS B0W 3S0
Phone: (902) 762-2058
or
Edda Ferguson, Secretary
25 Windsor Way
Truro, NS B2N 6Z5
Phone: (902) 893-1561

Gerontology Association of Nova Scotia (GANS)

GANS provides leadership on issues related to aging. It offers opportunities for individuals and organizations to meet and share their concerns about aging. It also fosters networking opportunities among individuals and organizations, and supports gerontological research in the province.

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70 Saint Andrew's St., Antigonish
Clinics also held at the Wellness Centre, Port Hawkesbury

Highland Hearing Clinic Limited
Phone 863-0633 or Toll Free 1-888-757-HEAR
www.harmonyhearing.com/highland.htm
00160869

Activities include: workshops, networking, educational seminars, student scholarship, educational symposium, and a newsletter. Membership is open to organizations, families, and individuals with an interest in aging.

LinkAGES — This lively online community, sponsored by GANS, is for and about older Nova Scotians. LinkAGES, at **<www.communityzero.com/linkages>**, is a place where you can learn more about events and programs involving Nova Scotia seniors and connect with others on issues that matter to you.

For more information, contact:
Nila Ipson, Vice-President
Phone: . . . .(902) 494-3391
E-mail: nila.ipson@dal.ca
Website:www.communityzero.com/linkages

Programs for **• 2003**
Seniors
14th Edition

The 14th annual Programs for Seniors is co-published by the Nova Scotia Senior Citizens' Secretariat, the Province of Nova Scotia and the Nova Scotia Business Journal. The publication is an annual, comprehensive resource book describing the services, programs, and organizations available in Nova Scotia for senior citizens.

Sixty thousand copies are distributed free-of-charge to the senior citizen population of Nova Scotia through over 75 seniors' organizations, Sobeys, government departments; more than 200 pharmacy outlets and public libraries.

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For more information contact:

Programs for Seniors
c/o Nova Scotia
Business Journal
11 Thornhill Drive
Dartmouth, NS B3B 1R9
PH: (902) 468-8027
FAX: (902) 468-2425
E-mail: nsbj@hfxnews.ca

Nova Scotia Senior
Citizens' Secretariat
4th Floor, P.O. Box 2065
1740 Granville Street
Halifax, NS B3J 2Z1
PH: (902) 424-0065;
Toll Free 1-800-670-0065
Fax: (902) 424-0561
E-mail: SCS@gov.ns.ca
Website:
www.gov.ns.ca/scs

BUSINESS JOURNAL
NOVA SCOTIA
Senior Citizens Secretariat
00167265

Nova Scotia Government Retired Employees Association (NSGREA)

NSGREA is dedicated to the well-being and comfort of pensioned, former employees of the Nova Scotia Government.

It serves as an advocate, helping to oppose restrictions or reductions by provincial and federal governments on pension benefits. NSGREA has grown to 2,800 members since it was founded 14 years ago. All recipients of Nova Scotia Public Service Superannuation Allowance may join. Annual dues are $20.

For more information, contact:
Bernie LaRusic, President
Suite 100, 800 Sackville Drive
Sackville, NS B4E 1R8
Phone/Fax: . . . .(902) 562-1901
Toll-free: 1-800-677-8666
or
Sharon Braine, Membership Secretary
Phone: . . . .(902) 865-5050

Nova Scotia Retired Teachers Association (NSRTA)

NSRTA is an association of the Nova Scotia Teachers Union. Its mission is to maintain contact with retired teachers, to stay informed about educational matters, and to take part in helping to improve the quality of life for children and colleagues.

All former educators in receipt of a teachers pension are eligible for membership. Membership fee: $10 per year.

For more information, contact:
Phil Hughes, President
57 Willowdale Lane
Antigonish, NS B2G 2J1
Phone: . . . .(902) 863-6185

or

Kathy Slate
Nova Scotia Teachers Union
Toll-free: 1-800-565-6788

Regroupement des Aînées et Aînés de la Nouvelle-Écosse

Le Regroupement des Aînées et Aînés de la Nouvelle-Écosse est né lors d'un colloque tenu les 26 et 27 octobre 1994 à Halifax.

Les buts du Regroupement sont :

- de promouvoir les intérêts généraux et particuliers de la population aînée acadienne et francophone de le Nouvelle-Écosse
- d'assurer l'épanouissement de cette population
- d'être le porte-parole autorisé de cette population.

Le Regroupement se penche sur des sujets et domaines que touchent particulièrement les aînées tels que les pensions, les soins à domicile, la santé, etc. En plus, il organise des activités sociales provinciales différentes de celles des clubs locaux telles que des conférences, des projets de collaboration et des ateliers à l'échelle provinciale.

Le Regroupement compte plus de 400 membres répartis dans les sept régions acadiennnes de la Nouvelle-Écosse. Le Conseil d'administration du Regroupment est composé de représentant venant de chaque région. Pour de plus amples renseignements au sujet des activités du Regroupement ou pour devenir membre, n'hésitez pas à communiquer avec le bureau du Regroupement au (902) 433-0860.

Pour obtenir plus de details téléphoner:
M. Omer Blinn, Président
603 Chemin à Pierre
Church Point, NS B0W 1M0
Phone: . . . .(902) 769-2258
E-mail: omer.bern.blinn@ns.sympatico.ca

Royal Canadian Legion (RCL)

The Legion assists veterans and all other senior citizens in times of need. Branch services often include health programs and home support programs, loans of wheelchairs, crutches and other apparatus, and hot lunches.

For more information, contact:
The Service Officer of your nearest Legion branch,

or

Royal Canadian Legion
Nova Scotia/Nunavut Command Officer
5621 Rainnie Drive
PO Box 9075, Station A
Halifax, NS B3K 5M7
Phone: . . . .(902) 429-2993

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Seniors Councils, Clubs, and Centres

Directory of Senior Citizens' Councils, Clubs, Centres, and Organizations

The directory provides contact information for all seniors' councils, clubs, centres, and organizations in the province. Copies are available from the Senior Citizens' Secretariat at 1-800-670-0065.

Seniors' Centres

Seniors' centres are places where older people can meet one another, participate in activities, and receive services. Contact your local seniors' centre for a complete listing of its activities.

Metro Region

Spencer House
5596 Morris Street
Halifax, NS B3J 1C2
Phone: . . . .(902) 421-6131
Staff: Deborah Dostal

Northwood Community Centre
2615 Northwood Terrace
Halifax, NS B3K 3S5
Phone: . . . .(902) 454-8311
Staff: Annette Daigle

Bloomfield Centre
2786 Agricola Street
Halifax, NS B3K 4E1
Phone: . . . .(902) 490-4629

Rockingham Community Centre
199 Bedford Hwy.
Halifax, NS B3M 2J9
Phone: . . . .(902) 489-4686
Staff: Selina Cajolais

Dartmouth Senior Kiwanis Multi-Service Centre
45 Ochterloney Street
Dartmouth, NS B2Y 4M7
Phone: . . . .(902) 465-5578
Contact: Jane Parsons

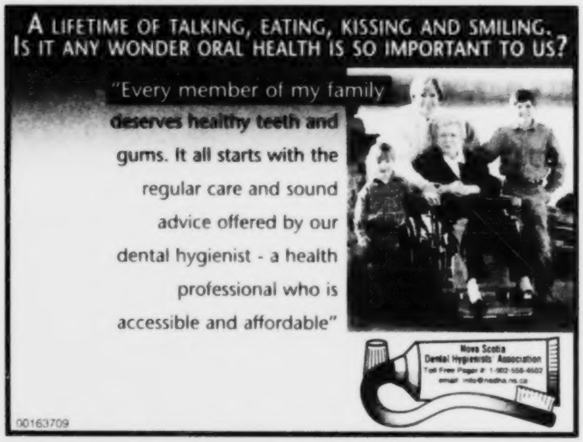
Sackville Seniors' Advisory Council
Downsview Mall, Mezzanine Floor
PO Box 712
Lower Sackville, NS B4C 3V3
Phone: . . . .(902) 864-5591
Staff: Jackie Cajolis

Spryfield Senior Centre
16 Denith Road, Box 41
Halifax, NS B3R 2H9
Phone: . . . .(902) 477-5678
Mr. Charlie Martin, President

Cape Breton Region

Louisburg Fortress Club
Louisburg, NS B0A 1M0
Phone: . . . .(902) 733-2041
Contact: Iris Stevens

Steelworkers and Sydney Pensioners Club
30 Inglis Street
Sydney, NS B1P 6R2
Phone: . . . .(902) 539-3399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North Shore Region

Valley View Villa
RR1, Stellarton, NS B0K 1S0
Phone: . . . .(902) 755-5780
Staff: Norma Ferguson

Senior Citizens' Drop-In
Aberdeen Mall
610 East River Road
New Glasgow, NS B2H 3S2
Phone: . . . .(902) 752-3700

Club 60
PO Box 1012
Antigonish, NS B2G 2L3
Phone: . . . .(902) 863-3649

Pictou County New Horizons Seniors' Centre
Front Street (Old Train Station)
Pictou, NS B0K 1H0
Phone: . . . .(902) 485-5538
Contact: Katherine MacKenzie

Greenfield Oldsters
Melrose
Guysborough County, NS
Phone: . . . .(902) 833-2524
Contact: Alice Sutherland

Seniors' Information Centre
Hillcrest Manor
12 Manor Drive
Truro, NS B2N 6T1
Phone: . . . .(902) 895-2891

Truro VON Day Program
Johnson Manor
Phone: . . . .(902) 893-3803
Contact: Janet Simms

Valley Region

L.A.M.P.
Fort Edward Mall
PO Box 427
Windsor, NS B0N 2T0
Phone: . . . .(902) 798-4913
Contact: Vivian MacMillan

Berwick and Area Senior Citizens' Centre
Main Street
Berwick, NS B0P 1E0
Phone: . . . .(902) 538-7246

South Shore Region

Bridgewater Senior Citizens' Club
Empire Street
Bridgewater, NS
Phone: . . . .(902) 543-7057
(902) 543-4432
Contact: Maurice Eagle

Sunnyside Senior Centre
High School, Chester Grant
Lunenburg County
Phone: . . . .(902) 275-4074
Contact: Shirley Morrison

Loyalist Senior Club
Mowatt Street North
Shelburne, NS B0T 1W0
Phone: . . . .(902) 875-3998
Contact: Phyllis Seaboyer

Western Region

Bear River New Horizons Centre
Bear River, NS B0S 1B0
Phone: . . . .(902) 467-3025
Contact: Thelma Buckler

Tiverton Drop-in Centre
Tiverton
Long Island B0V 1G0
Phone: . . . .(902) 839-2738
Contact: Bertha Ruggles

Freeport Drop-in Centre
Freeport
Long Island B0V 1B0
Phone: . . . .(902) 839-2559
Contact: Frank Thomas

Westport Drop-in Centre
Westport
Briar Island B0V 1H0
Phone: . . . .(902) 839-2052
Contact: Connie Bisson

Les Femmes Acadienne de Clare
PO Box 31 Saulnierville, NS B0W 2Z0
Phone: . . . .(902) 769-2471
Contact: Edith Comeau-Tufts

Yarmouth Golden Age Club
10 Collins Street (2nd Sreet Entrance)
Yarmouth, NS B5A 3C4
Phone: . . . .(902) 742-2925
Contact: Mary Power

Nouveau Horizons de la Baronnie
Fire Hall
West Pubnico, NS
Phone: . . . .(902) 762-2352
Contact: Aline d'Entrement

Seniors' Clubs and Councils

A network of 231 clubs and 18 seniors' councils is active in Nova Scotia. Clubs offer a wide variety of programs and social events for local seniors. Councils are comprised of representatives from each seniors' club. They serve as a forum for sharing information and addressing local seniors' issues. Representatives of the seniors' councils meet with the Senior Citizens' Secretariat at least twice a year.

Seniors' Councils

Annapolis County Senior Citizens' Council
Florence Annis, President
RR.3, Middleton, NS B0S 1P0
Phone: . . . .(902) 825-6325

Antigonish-Guysborough Senior Citizens' Council #63
Peter Luard, President
10 A Viewville Street
Antigonish, NS B2G 1E2
Phone: . . . .(902) 863-0005

Cape Breton Senior Citizens' Council
Nelson Muise, President
271 Cabot Street
Sydney, NS B1P 4E7
Phone: . . . .(902) 539-9767

Colchester/East Hants Seniors' Council
Vince DeAdder, President
RR1, Debert, NS B0M 1G0
Phone: . . . .(902) 662-2536

Cumberland County Senior Citizens' Council
Les Day, President
15 Winston Avenue
Amherst, NS B4H 1K4
Phone: . . . .(902) 667-0575

Dartmouth Senior Citizens' Council
Connie Wenaus, President
212, 200 Mic Mac Blvd.
Dartmouth, NS B3A 4L5
Phone: . . . .(902) 469-2610

Digby County Senior Citizens' Council
RR1, Yarmouth, NS B5A 4A5
Phone: . . . .(902) 649-2596
Contact: Jeanette Saulnier

Halifax Seniors' Council
Pat MacLellan, President
188 Northcliff Drive
Hatchett Lake, NS B3T 1S8
Phone: . . . .(902) 852-4297

Halifax County Seniors' Council–Zone 15
Inez MacKenzie, President
22525 Main Street, Box 215
Sheet Harbour, NS B0J 2B0
Phone: . . . .(902) 885-3055

Hants County Senior Citizens' Council
Vivian MacMillan, President
14 Underwood Street
Windsor, NS B0N 2T0
Phone: . . . .(902) 798-4913

Inverness/Victoria 63A Council
Mary Fleck, President
PO Box 575
Margaree Forks, NS B0E 2A0
Phone: . . . .(902) 248-2838

Kings County Seniors' Council
Erle Dolsen, Secretary
PO Box 103
Auburn, NS B0P 1A0
Phone: . . . .(902) 847-9748

Lunenburg County Senior Citizens' Council
Thomas Turbitt, President
RR4, New Ross, NS B0J 2M0
Phone: . . . .(902) 679-5246

Pictou County Senior Citizens' Council
June Cameron, President
Box 339
Westville, NS B0K 2A0
Phone: . . . .(902) 396-4049

Queens County Contact Person
Geraldine Ramey, Contact
RR1, Greenfield, NS B0T 1E0
Phone: . . . .(902) 685-2826

Richmond County Senior Citizens' Council
Donna White, President
Site 10, Comp 1, RR1
St. Peters, NS B0E 3B0
Phone: . . . .(902) 535-3117

Sackville Senior Advisory Council
Jackie Cajolais, Contact
PO Box 712
Lower Sackville, NS B4C 3V3
Phone: . . . .(902) 864-5591

Shelburne Senior Citizens' Council
Evelyn Crowell, President
Site 2, Box 1, Comp. 2
Baccaro, NS B0W 1C0
Phone: . . . .(902) 768-2282

Yarmouth County Senior Citizens' Council
Peter Doucette, President
General Delivery
West Pubnico, NS B0W 2C0
Phone: . . . .(902) 749-1346

Association of Halifax Regional Seniors' Councils

This association is made up of representatives from seniors' councils in the Halifax Regional Municipality. Its members organize workshops and seminars, exchange information between councils, and maintain contact with seniors' clubs in the metro area.

For more information, contact:
Leo Poirier, Secretary
1 Alderney Drive, Apt. 301
Dartmouth, NS B2Y 4A7
Phone: . . . .(902) 469-3907

Societies' Act

Seniors' clubs, councils, and other organizations may become incorporated under the Societies' Act for a $35 fee.

For more information, contact:
Registry of Joint Stock Companies
9 North, Maritime Centre
1505 Barrington Street
PO Box 1529
Halifax, NS B3J 2Y4
Phone: . . . .(902) 424-7770
Toll-free: 1-800-225-8227
E-mail: joint-stocks@gov.ns.ca
Website: www.gov.ns.ca/snsmr

Other Nova Scotia Seniors' Organizations

Chebucto Links

This organization provides community outreach for seniors living in or near North West End Halifax, District 14, in Halifax

Regional Municipality. It works in partnership with other groups to provide the following programs and services to neighbourhood seniors: information and referral, lunch programs, coffee breaks, intergenerational activities, and more.

For more information, contact:
Jane Cowie or Valerie Connors
St. Matthias Church Hall
c/o 2080 Windsor Street
Halifax, NS B3K 5B2
Phone: . . . .(902) 422-3525
E-mail: chebucto.links@ns.sympatico.ca

Community Links

Community Links is a provincial charity linking 160 organizations promoting healthy communities and improving the quality of life for seniors and others in rural Nova Scotia through community development and volunteer action. Current projects include support for rural volunteers, falls prevention, and helping seniors to influence policy.

For more information, contact:
Marilyn More, Provincial Coordinator
200A Albro Lake Road
Dartmouth, NS B3A 3Z2
Phone: . . . .(902) 464-9558
E-mail: communitylinks@ns.sympatico.ca

Grandparents' Rights for Nova Scotia Association

This association is committed to raising public awareness about the important issue of grandparents rights and creating widespread support for the relationship between children and grandparents, to make the life cycle complete.

For more information, contact:
Pauline Glenn, President
RR2, Malagash NS B0K 1E0
Phone: . . . .(902) 257-2974

Indo-Canadian Senior Group of Nova Scotia

This group teaches skills, fitness and languages, and organizes recreational, cultural, and fund-raising activities. You can attend presentations on a variety of topics including health issues, investments, insurance, estate planning, literacy, social benefits, exercise, and meditation. The group meets regularly in Bloomfield Centre, Halifax.

For more information, contact:
Uma Verma, President
43 Golf Link Road
Bedford, NS B4A 2J1
Phone: . . . .(902) 835-8218
E-mail: umaverma@yahoo.com
or
Merrie Mills, Secretary
C509, 5561 Heatherwood Court
Halifax, NS B3K 5M7
Phone: . . . .(902) 454-7213

Nova Scotia Centre on Aging, Mount Saint Vincent University

The Centre on Aging is affiliated with Mount Saint Vincent University's Department of Family Studies and Gerontology. It provides education, research, and outreach in the field of aging. One of its focus areas is caregiving to family members. You can also use the Caregiver Resource Library, located on site.

For more information, contact:
Cathy Crouse
Nova Scotia Centre on Aging
Mount Saint Vincent University
166 Bedford Highway
Halifax, NS B3M 2J6
Phone: . . . .(902) 457-6546

Dr. F. R. MacKinnon Endowment Fund
This fund, associated with the Centre on Aging, is dedicated to establishing standards of excellence in age-related issues. Projects funded include: research, continuing education and community outreach, and consultation. Fund income can be used to assist students to finance a specific project, or for other needs as determined by the Centre's board.

Contributions are accepted as charitable donations. To contribute to the fund, please make your cheque payable to Mount Saint Vincent University, and send it to:

Dr. F. R. MacKinnon Endowment Fund
c/o Development Office
Mount Saint Vincent University
Halifax, NS B3M 2J6.

For more information, contact:
Phone: . . . .(902) 457-6546

Did You Know?

7,800 Nova Scotians will celebrate their 65th birthday in 2003.

Special Recognition for Seniors

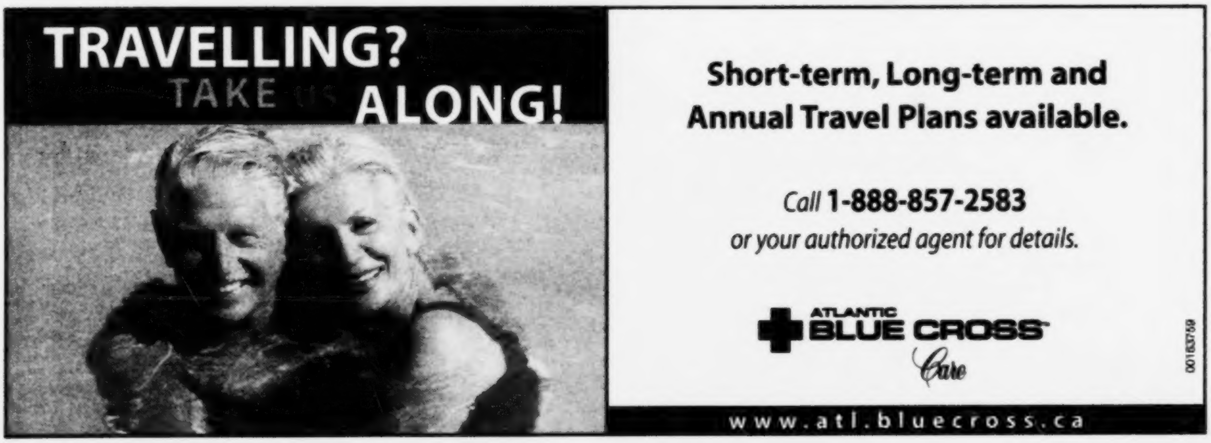
Congratulatory Messages

The Nova Scotia government's Protocol Office offers a congratulatory message service from the Premier of Nova Scotia to Nova Scotians celebrating 25+ anniversaries and 65+ birthdays, in five year intervals. The Protocol Office will also, if requested, contact the following additional offices:

- The Queen (60th anniversaries, 100th birthdays only)
- Governor General
- Prime Minister
- Lieutenant Governor
- Member of Parliament
- Members of the Legislative Assembly

Requests should be submitted at least six weeks in advance of the celebration, with the exception of the Queen, who requires eight weeks advance notice. Her office also requires proof of age or marriage.

For more information, contact:
Certificate Co-ordinator
Protocol Office
One Government Place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Website: www.gov.ns.ca/prot

Order of Nova Scotia

The Order of Nova Scotia is the highest honour of the Province of Nova Scotia. Members of the Order are entitled to use the initials O.N.S. after their names.

Established in 2002, it encourages excellence by recognizing Nova Scotians for outstanding contributions or achievements.

If you know someone who has made an outstanding contribution to the cultural life or the social or economic well-being of our province, you should consider nominating him or her for the Order of Nova Scotia. Fields of endeavour recognized by this honour include the arts, academics, research, agriculture, business, industry, community leadership, public service, and volunteer service.

The Protocol Office accepts nominations throughout the year. The deadline for consideration in 2003 is March 21st.

For more information, contact:
Protocol Office
One Government Place
1700 Granville Street
Halifax, Nova Scotia B3J 1X5
Phone: . . . .(902) 424-4463
E-mail: orderofns@gov.ns.ca
Website: www.gov.ns.ca/prot

Remarkable Seniors Awards

These awards are presented annually, at the 50+ Expo, to individuals aged 50+ who have made an outstanding contribution to the province of Nova Scotia in the areas of community service, volunteerism, and leadership. In 2003, the awards will be presented on Saturday, June 14th, at Exhibition Park in Halifax.

If you know someone who is worthy of this award, you should consider nominating them. A remarkable male and female will win in each category and nominations of husband and wife teams are accepted.

The Senior Citizens' Secretariat accepts nominations throughout the year and nomination forms are available from the office. The nomination deadline for 2003 is May 9th.

For more information, contact:
Senior Citizens' Secretariat
1740 Granville Street, 4th Floor
PO Box 2065, Halifax, NS B3J 2Z1
Phone: . . . .(902) 424-0065
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca
Website: www.gov.ns.ca/scs

Aging and Seniors — Government of Canada

Division of Aging and Seniors, Health Canada

This division of Health Canada works to make sure knowledge and expertise are shared to help seniors stay healthy. It acts as a central point for information at the federal government level. It also works toward facilitating our society's adaptation to the aging of the Canadian population by collaborating with partners from other federal departments, provinces, territories, as well as research and seniors' organizations.

For more information, contact:

Division of Aging and Seniors
Health Canada
Address Locator 1908A1
Ottawa, ON K1A 1B4
Phone: . . . .(613) 952-7606
E-mail: seniors@hc-sc.gc.ca
Website: www.hc-sc.gc.ca/seniors-aines

National Advisory Council on Aging (NACA)

NACA assists and advises the Minister of Health on issues related to aging and the quality of life of seniors. It publishes reports and a quarterly bulletin, *Expression*, on issues of general interest to Canadian seniors. The members of NACA, from all parts of Canada, are appointed for two or three-year terms.

For more information, contact:
National Advisory Council on Aging
Address Locator 1908A1
Ottawa, ON K1A 1B4
Phone: . . . .(613) 957-1968
E-mail: seniors@hc-sc.gc.ca
Website: www.naca.ca
or
Mary Cooley
NACA Representative, Nova Scotia
7165 Quinpool Road, #401
Halifax, NS B3L 1C7
Phone: . . . .(902) 454-8996
E-mail: mary.cooley@ns.sympatico.ca

Population and Public Health Branch, Health Canada

Health Canada has adopted a population health approach to further its continuing mandate of maintaining and improving the health of Canadians. The population health approach integrates action on a broad range of determinants that affect the health of all Canadians.

Population Health Fund — the fund was created to increase community capacity for action on or across the determinants of health. Health Canada will fund time-limited projects that facilitate joint planning and coordinated actions among voluntary organizations, service providers, governments, and the private sector to improve population health.

For more information, contact:
Population and Public Health
Atlantic Region, Health Canada
1505 Barrington Street, Suite 1802
Halifax, NS B3J 3Y6
Phone: . . . .(902) 426-1536
Website: www.pph-atlantic.ca

Seniors Guide to Federal Programs and Services

This directory provides seniors with information on federal programs and services. To obtain a copy, contact the Division of Aging and Seniors *(see contact information above)*, or call:

Toll-free: 1-800-O-Canada
1-800-622-6232
Website: www.canada.gc.ca

National Seniors' Organizations

Canadian Association on Gerontology (CAG)

CAG is a national, multi-disciplinary, scientific, and educational association established to provide leadership in matters related to the aging population. Its mission is the development of theoretical and practical understanding of individual and population aging through multi-disciplinary research, practice, education, and policy analysis in gerontology.

For more information, contact:
Linda O'Rourke, Executive Director
100–824 Meath Street
Ottawa, ON K1Z 6E8
Phone: . . . .(613) 728-9347
E-mail: info@cagacg.ca
Website: www.cagacg.ca

Congress of National Seniors' Organizations

The Congress consists of 12 major organizations representing seniors across Canada. It meets regularly to promote dialogue between seniors groups and governments on aging issues. The Congress has an ongoing working partnership with Health Canada's Division of Aging and Seniors and has met with the Minister and Deputy Minister of Health about seniors' issues. Congress members include:

- Alliance des associations des retraités et des aînés du Québec
- Assemblée des Aînés et des Aînées francophones du Canada
- Association québécoise de défense des droits des personnes retraitées et préretraitées
- Canada's Association for the 50+ (CARP)
- Canadian Association on Gerontology
- Canadian Pensioners Concerned
- Congress of Union Retirees
- Federal Superannuates National Association
- Fédération de l' Âge d'Or du Québec
- National Advisory Council on Aging
- National Pensioners and Senior Citizens Federation
- Royal Canadian Legion

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For more information, contact:
Jean-Guy Soulière
Chair, Coordinating Committee
Congress of National Seniors' Organizations
c/o Federal Superannuates National Association
1052 St. Laurent Blvd.
Ottawa, ON K1K 3B4
Phone: . . . .(613) 745-2559
E-mail: souliere@fsna.com

Information and Referral

Seniors' Information Services

Chebucto Links
(West-End Halifax)

Provides information on programs and services for seniors in west-end Halifax.

For more information, contact:
Phone: . . . .(902) 422-3525

Help-line/Outreach Seniors Infoline (Pictou County)

Pictou County seniors in need may call this information line located at Valley View Villa, Monday to Friday, 10:00 am–3:00 pm. Calls received after hours are answered by a recorded message and will be returned during regular hours.

For more information, contact:
Phone: . . . .(902) 752-8400

Seniors Info Line
(VON Greater Halifax)

Information on programs and services for seniors in the Halifax Regional Municipality is available Monday to Friday, 9:00 am–4:00 pm.

For more information, contact:
Phone: . . . .(902) 454-5755
TDD: . . . .(902) 454-6696
E-mail: seniorinfoline@vonhalifax.ns.ca

Senior Info Line
(VON Lunenburg)

Information and referral services for seniors and their families living in Lunenburg County is available Monday to Friday, 9:00 am–4:00 pm.

For more information, contact:
Phone: . . . .(902) 624-1897

Seniors' Information Line
(Senior Citizens' Secretariat)

To obtain information on programs and services for seniors or to discuss any concerns you may have, call the Senior Citizens' Secretariat anytime, from anywhere in Nova Scotia, at no charge to you. The line operates Monday to Friday, from 8:30 am–4:30 pm, except holidays. An answering machine records messages left after hours and staff respond to them the next working day.

For more information, contact:
Phone: . . . .(902) 424-0065
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca
Website: www.gov.ns.ca/scs

Shelburne Seniors Infoline

This information line is located at the Regional Development Agency (RDA) office in Barrington. Telephone messages will be returned.

For more information, contact:
Elizabeth Rhuland
Phone: . . . .(902) 637-2667
Toll-free: 1-800-565-0397

Sydney Seniors Infoline

Seniors in the Sydney area may call this information line with questions about local programs and services.

For more information or referral, contact:
Phone: . . . .(902) 562-1245
E-mail: sydneyvolunteers@ns.sympatico.ca
Website: www.newdawn.ca

Help Lines

The following help lines are lay-counseling, information, and referral telephone services. The lines are staffed by trained community volunteers and the services are strictly confidential.

Metro Help Line

Metro Halifax
7 days a week, 24 hours a day
Phone *(Voice or TDD):* . . .(902) 421-1188

Help Line Yarmouth

7:00 pm–12:00 am
Phone: . . . . (902) 742-1331

Resources for Newcomer Seniors

Metropolitan Immigrant Settlement Association (MISA)

MISA is a community-based settlement agency which welcomes newcomers and recognizes their essential role in Canada. It provides a full range of programs and services to newcomers, including information and referral to community resources, finding accommodations, emotional support and counseling, public education, employment services, language assessment and referrals to language training. Most services are for newcomers who are landed immigrants or government assisted refugees. However, all newcomers are eligible for initial contact and referral services.

For more information, contact:
200, 2131 Gottingen Street
Halifax, NS B3K 5Z7
Phone: . . . . (902) 423-3607
Email: info@misa.ns.ca

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Fax: (902) 463-0537
Cell: (902) 471-2658
Pager: (902) 498-1294

YMCA Newcomer Centre

The YMCA of Greater Halifax/Dartmouth offers various programs for youth, adults, and families who are new to Canada. The goal of the centre is to create an inclusive environment to serve the diverse community.

For more information, contact:
3663 Dutch Village Road
Halifax, NS B3N 2T1
Phone: . . . . (902) 457-9622
Website: www.ymchrm.ns.ca

Resources for Senior Women

Nova Scotia Advisory Council on the Status of Women

The Council advises the Minister Responsible for the Status of Women and brings forward women's concerns. It works to advance equality, fairness, and dignity for all women. The Council also provides research and policy advice, information and education, and community and partnership development. An electronic news update, *NewsBytes* is sent by e-mail, to subscribers (free) approximately twice a month. For subscription information, see: **<www.gov.ns.ca/staw/newsbytes.htm>**

You are welcome to visit the Council's resource centre. It is open to the public Tuesday to Friday, 12:00 pm–4:00 pm.

For more information, contact:
Quinpool Centre, Suite 202
6169 Quinpool Road, PO Box 745
Halifax, NS B3J 2T3
Phone: . . . . (902) 424-8662
Toll-free: 1-800-565-8662
E-mail: nsacw@gov.ca
Website: www.gov.ns.ca/staw/

Resources for Seniors with Disabilities

Access to Travel

This website provides information on accessible transportation and travel across Canada with the aim of making accessible travel easy and enjoyable.

Developed by Transportation Canada in partnership with provincial governments and not-for-profit associations, the site features the following information:

- National Carriers Directory
- Local Transportation
- Travel Resources
- Government Policies
- Complaints and Inquiries

For more information, contact:

Website:	www.accesstotravel.gc.ca

Accessible Transportation

Transportation services available to seniors with disabilities in Nova Scotia are listed in the transportation section on page 50.

Canadian National Institute for the Blind (CNIB)

The CNIB works with people whose vision loss is significantly interfering with their quality of life and cannot be corrected with ordinary lenses. The services are provided free of charge throughout Nova Scotia. Contact the CNIB for more information about its low vision, technical aids, library, counseling, independent living and traveling, and volunteer services.

For more information, contact:

Mainland Service Centre
6136 Almon Street
Halifax, NS B3K 1T8

Phone:	(902) 453-1480
Toll-free:	1-800-565-5147
Website:	www.cnib.ca

or

Sydney Service Centre
235 Townsend Street
Sydney, NS B1P 5E7

Phone:	(902) 564-5711
Toll-free:	1-877-674-7240

Canadian Paraplegic Association

This organization helps people with spinal cord injuries and other mobility disabilities to achieve independence, self-reliance, and full community participation.

For more information, contact:
Laughie Rutt, Executive Director

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1-800-565-2021
www.family1stmedical.com
Sydney: 564-8811
Valley: 681-0202

Family 1st Medical

Canadian Paraplegic Association
(Nova Scotia)
Suite S21, West End Mall
6960 Mumford Road
Halifax, NS B3L 4P1
Phone: . . . .(902) 423-1277
E-mail: halifax@canparaplegic.org
Website: www.canparaplegic.org/ns

or

Sydney Office
165 Townsend Street
Sydney, NS B1P 5E4
Phone: . . . .(902) 562-3291
E-mail: sydney@canparaplegic.org

Community ACCESS-ability Program

Grants to improve access to community facilities for persons with disabilities are provided by Service Nova Scotia and Municipal Relations.

Up to two-thirds of the direct and indirect costs of renovations, installations, or equipment for accessibility-related capital improvements, to a maximum of $10,000 is available.

Projects funded to-date include wheelchair ramps and lifts, automatic doors, and accessible washrooms. Proposals for ACCESS-ability grants are welcome from non-profit community groups and municipalities.

Forms are available on-line or from the contact person below.

For more information, contact:
Karen Ramsland
Phone: . . . .(902) 424-7798
E-mail: kramslan@gov.ns.ca
Website: gov.ns.ca/snsmr/muns/infr

Disabled Persons Commission

The Commission helps to ensure the concerns of persons with disabilities are promoted and considered. It focuses on policy matters and issues affecting several government departments. The Commission helps to communicate information on programs and services for Nova Scotians with disabilities. The Commission also reviews government policies and programs relating to or affecting people with disabilities, to make sure these policies and programs are appropriate, effective, and reflect the needs and concerns of the community.

The Disabled Persons Commission Act provides a way for persons with disabilities to become policy advisors on issues and concerns that directly affect their lives.

For more information, contact:
Nelson Place
5675 Spring Garden Road
PO Box 222
Halifax, NS B3J 2M4
Phone: . . . .(902) 424-8280
TTY: . . . .(902) 424-2667
Toll-free: 1-800-565-8280
Toll-free: 1-877-996-9954
E-mail: dpcomm@istar.ca

Mobility Disabled License Plates and Permits

To ensure that those needing to park close to buildings due to mobility impairments can do so, Service Nova Scotia and Municipal Relations, through its Registry of Motor Vehicles, distributes mobility disabled plates and permits to qualified individuals who are the principle drivers of a vehicle. Many seniors are among this group. Regular registration fees apply to the license plates. There is no charge associated with a Permanent or Temporary Mobility Disabled Permit which is displayed on the rearview mirror.

For more information, contact:
Phone *(Halifax)*: 424-5851
Toll-free: 1-800-898-7668
Website: www.gov.ns.ca/snsmr/rmv

Nova Scotia Hearing and Speech Centres

These centres offer services to individuals with disorders that require the help of a hearing or speech specialist.

For more information, contact:
Provincial Center
5657 Spring Garden Road
Suite #401, Box 120
Halifax, NS B3J 3R4
Phone: . . . .(902) 423-7357
E-mail: mtotten@nshsc.ns.ca
Website: www.nshsc.ns.ca

Locations

Amherst	(902) 667-1141
Antigonish	(902) 867-4197
Bridgewater	(902) 543-4603 *ext.*2248
Dartmouth	(902) 464-3084
Digby	(902) 245-2501 *ext.*265
Evanston	(902) 625-3100 *ext.*257
Glace Bay	(902) 842-2868
Halifax	(902) 423-7354
Kentville	(902) 678-7381 *ext.*1400
Liverpool	(902) 354-3436
Lower Sackville	(902) 869-6150
Middleton	(902) 825-3411 *ext.*233
Musquodoboit Hbr	(902) 889-4117
New Glasgow	(902) 752-7600 *ext.*2520

Peace of mind at the touch of a Button.
Sydney: (902) 563-4020 or Toll Free: (866) 635-1591
Available throughout Canada.

CAPE SUPPORT
Systems Inc.™

The Emergency Button Program

One touch, of your pendant's Emergency Button, immediately connects you to a Cape Support Operator who can assist you in an emergency. Our Operators are there for you 24-hours a day, 7 days a week. It's peace of mind that saves lives. ($35/month: incl. HST)

Voice Reminder Alarms

Cape Support's wallet sized Voice Reminder Alarms go where you go and remind you of important activities. Whether it's medications or appointments, Cape Support's Voice Reminder Alarms can help you. ($48 each: incl. HST)

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Pictou	(902) 485-2318
Strait-Richmond	(902) 625-3100 *ext.*257
Sheet Harbour	(902) 885-3628
Shelburne	(902) 875-3011 *ext.*269
Springhill	(902) 597-3773
Sydney	(902) 567-7781
Sydney Mines	(902) 736-2831 *ext.*146
Truro	(902) 893-5512
Waterville	(902) 538-3103 *ext.*156
Windsor	(902) 792-2084
Wolfville	(902) 542-3866
Yarmouth	(902) 742-3541 *ext.*364

Society of Deaf and Hard of Hearing Nova Scotians

The Society develops and manages co-ordinated support services that enable deaf and hard of hearing people to fully utilize public and community services. Information, referral, and employment counseling services are available. Assistive devices may be borrowed or purchased. The Society is also responsible for the administration of the Interpreter Service for the Deaf.

For more information, contact:
Roy Building, 1657 Barrington Street
Suite 117
Halifax, NS B3J 2A1
Phone: (Voice/TTY) 422-7130
Email: sdhhns@ns.sympatico.ca
or
Cape Breton Branch
56 Nepean Street
Sydney, NS B1P 6A8
Phone *(Voice/TTY/Fax)*: . . (902) 564-0003
(902) 423-7354

This fall get your flu shot.
It could save your life.

Information — Government of Nova Scotia

Public Enquiries

When you want to know more about provincial government services, programs, and initiatives, contact Public Enquiries.

For more information, contact:
Public Enquiries
Service Nova Scotia and Municipal Relations
1505 Barrington Street, 8th Floor North
Halifax, NS B3J 3P7
Phone *(Halifax)*: . . . . (902) 424-5200
Toll-free: 1-800-670-4357
E-mail: public-enquiries@gov.ns.ca
Website:
www.gov.ns.ca/snsmr/contact/pubenq.stm

Seniors' Information Line

Contact the Nova Scotia Senior Citizens' Secretariat for information on programs and services for seniors.

Toll-free: 1-800-670-0065

Information — Government of Canada

General Enquiries

When you need information about federal programs and services, new initiatives, or information products, call toll-free or visit the website. This is your primary access point to the Government of Canada.

For more information, contact:
Toll-free: 1-800-O-Canada
1-800-622-6232
Website: www.canada.gc.ca

Sport, Recreation, and Active Living

Sport and Recreation

Nova Scotia Sport and Recreation Commission

The Commission's six regional representatives provide services and assistance to the individuals, municipalities, and partner organizations that provide Nova Scotians with opportunities to participate in recreation activities.

Effective December 19, 2002, the Government of Nova Scotia established the Office of Health Promotion, which will include the Nova Scotia Sport and Recreation Commission. This will establish an important link between healthy lifestyles and physical activity.

Recreation Facility Development Grants – These grants help community organizations renovate or build recreation facilities for community use, while community development grants support local seniors' games and help establish new programs.

For more information, contact:
Sport and Recreation Commission
5516 Spring Garden Road, 2nd Floor
PO Box 864
Halifax, NS B3J 2V2
Phone: . . . .(902) 424-7512
Toll-free: 1-866-231-3882
E-mail: srcinquiries@gov.ns.ca

Regional Offices

Cape Breton
Coleen Chisholm
380 Kings Road
Sydney, NS B1S 1A8
Phone: . . . .(902) 563-2380
E-mail: chishoco@gov.ns.ca

Central
Carol Davis-Jamieson
PO Box 864, Halifax, NS B3J 2V2
Phone: . . . .(902) 424-7622
E-mail: davisjcm@gov.ns.ca

Fundy
James Campbell
90 Research Drive, Suite 122
Truro, NS B2N 6Z4
Phone: . . . .(902) 893-6215
E-mail: jcampbel@gov.ns.ca

Highland
Gerard MacIssac
20 St. Andrews Street
Antigonish, NS B2G 2H1
Phone: . . . .(902) 863-7380
E-mail: macisagx@gov.ns.ca

South Shore
Debby Smith
99 High Street, Suite 200
Bridgewater, NS B4V 1V8
Phone: . . . .(902) 543-5000
E-mail: smithde@gov.ns.ca

Valley
Mike Trinacty
128 Aberdeen Avenue, Suite 2
Kentville, NS B4N 2N1
Phone: . . . .(902) 679-4390
E-mail: trinacme@gov.ns.ca

Recreation Nova Scotia (RNS)

This organization promotes the health benefits of recreation for all Nova Scotians and their communities. Programs and services include an annual conference, liability insurance programs, volunteer and leadership training programs, provincial volunteer week activities, fund raising opportunities, and publications.

For more information, contact:

5516 Spring Garden Road, Suite 312
PO Box 3010 South
Park Lane Centre
Halifax, NS B3J 3G6

Phone:	(902) 425-1128
E-mail:	rns@sports.ns.ca
Website:	www.rns@sports.ns.ca

Municipal Recreation Directors

Most municipal units in Nova Scotia have recreation commissions with a commission chairperson and one or more staff.

For more information, contact:

Cape Breton Region

Cape Breton County	
John Fraser	(902) 563-5510/563-5515
Inverness County – Port Hood	
John Cotton	(902) 787-2274
Port Hawkesbury	
Jim Pyke	(902) 625-2591
Richmond County/Arichat	
Clifford Boudreau	(902) 226-2400
Victoria County – Baddeck	
Tom Wilson	(902) 295-3231

Highland Region

Antigonish Town	
Raff Henderson	(902) 863-3686
Antigonish County	
Marlene Melanson	(902) 863-1141
Canso	
Vacant	(902) 366-2525
District of Guysborough	
Phil M. Hochman	(902) 533-3508
Mulgrave	
Contact	(902) 747-2243
New Glasgow	
Bud Brown	(902) 755-8363
Town of Pictou	
Gerard MacIsaac	(902) 485-6057
Pictou County	
Cindy Fraser	(902) 485-8528
District of St. Mary's	
Steven Porter	(902) 522-2598
Stellarton	
David Hood	(902) 752-8944
Trenton	
Martin Bates	(902) 752-1019

Fundy Region

Amherst	
Red Faulkner	(902) 667-9557
Oxford	
Diane Gabriel	(902) 447-2189
Springhill	
Pamela Adams	(902) 597-3794
Colchester County	
Rosemary Wort	(902) 897-3155
Truro	
Doug MacKenzie	(902) 895-4484
Bible Hill	
Michelle Richard	(902) 893-8083
District of East Hants	
Linda Atkinson	(902) 758-2715
Parrsboro	
Contact:	(902) 254-2036

Central Region

Halifax Regional Municipality	
Recreation and Leisure Services	
General Manager, Programs	
Contact:	(902) 490-4734

Valley Region

Annapolis County	
Debra Ryan	(902) 532-2334
Annapolis Royal	
Grant Potter	(902) 532-7667
Bridgetown	
Bob Powell	(902) 655-2938

Coldbrook	
Matthew Schurman	(902) 678-6701
Middleton	
Deborah Pyne	(902) 825-5500
Berwick	
Craig Burgess	(902) 538-4016
Kentville	
Mark Phillips	(902) 679-2540
Kings County	
Bob Suffron	(902) 690-6124
New Minas	
Vacant	(902) 681-6972
Wolfville	
Janet Landry	(902) 542-2400
Angela Green	(902) 798-3910
District of West Hants	
Kathy Kehoe	(902) 798-8391
Digby – District of Clare	
Johann Lamarche	(902) 769-2031
District of Digby	
Larry Williams	(902) 245-5006

South Shore Region

Yarmouth – District of Argyle	
Frank Grant	(902) 648-3379
Yarmouth	
Jeffrey Gushue	(902) 742-8868
Shelburne – Clark's Harbour	
Anna Kenney	(902) 745-0226
District of Barrington	
Ray Green	(902) 637-2903
Lockeport	
Cynthia Townsend	(902) 656-2216
Shelburne Municipality	
Marilyn Johnston	(902) 875-3544
Shelburne Town	
Jerry Locke	(902) 875-3873
Queens – Queens Municipality	
Norman Amirault	(902) 354-5741
Lunenburg – Chester	
Grace Taylor	(902) 275-3490
Bridgewater	
C. Pickings-Anthony	(902) 543-2274
Lunenburg Municipality	
Carroll Randall	(902) 543-1354
Lunenburg Town	
Robin Scott	(902) 634-4006
Mahone Bay	
Derrick MacKenzie	(902) 624-9859

Sport Nova Scotia (SNS)

This organization represents 63 provincial sport organizations and over 160,000 registered sport participants. Many sport organizations support activities for older adults, sometimes referring to them as "masters" programs.

Sport Nova Scotia can connect you with various sport organizations to determine if programs geared to older adults are available in your area.

For more information, contact:
5516 Spring Garden Road, 4th Floor
Halifax, NS B3J 1G6
Phone: . . . . (902) 425-5450
E-mail: sportns@sportns.ns.ca
Website: www.sportnovascotia.ca

Nova Scotia Centre on Aging
a Centre for research, education and outreach

Our **Caregiver Resource Library** contains more than 1,000 books and videos on the topics of family caregiving, aging with lifelong disabilities, healthy aging and continuing care. These items are available for loan to residents of Nova Scotia. Please contact us for more information.

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Tel: 902-457-6561
Fax: 902-457-6508
Email: centre.aging@msvu.ca

MOUNT SAINT VINCENT UNIVERSITY
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Nova Scotia Department of Natural Resources

Provincial Parks – Seniors may stay at a reduced rate in parks with overnight camping facilities. A brochure is available which lists all of the provincial parks, including those that are wheelchair accessible.

Fishing Licences – General sport fishing licenses are sold to seniors at a reduced rate. Salmon fishing is regulated by the federal government and requires that seniors purchase a licence for that sport.

Firearms Hunting Certificates – These are issued free to seniors.

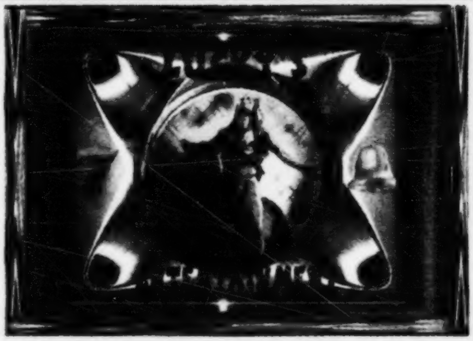
For more information, contact:
PO Box 698
Halifax, NS B3J 2T9
Phone: . . . .(902) 424-5935

Active Pursuits

Benefits and Local Contacts

Benefits – Physical activity is key to maintaining your optimum physical and mental health and quality of life as you get older. Investing a small amount of time in becoming more active can produce big dividends for you in terms of better health.

Local Contacts – Every year new opportunities for older adults are organized in communities throughout Nova Scotia. To find out more about the active living opportunities in your community, contact local representatives of the following organizations whose phone numbers can be found elsewhere in this directory:



LUCKY'S ENTERTAINMENT

24 Main Street,
Tobique First Nation, N.B.
Toll Free: 1-866-232-4400
9 am - 4 pm call (506) 273-1025
After 4 pm call (506) 273-1847

Featuring a Bar, Restaurant and Bingo Facility

The Tobique First Nation is a Maliseet community located on the northern side of the Tobique River, where the two rivers, Tobique River and the St. John River meet. Although, the Wolastokwik NeGoot-Gook (Maliseet Nation of Tobique) people have been established in this area for thousands of years, the Tobique Reserve was created in 1801.

Today, the total registered population in 1800, with approximately 450 members living off reserve. The community includes some small businesses and various services including a Daycare, Headstart Program, Training Center, Rehab Center, Wellness Center, and a Sports Complex which also serves as the youth center.

The First Nation at Tobique also has a school Mah-Sos School, for children from Kindergarten to Grade 8. In keeping with the Maliseet character of the community, the school teaches both English and the Maliseet language, with special attention given to the Maliseet culture, French is also part of the curriculum.

The major event for the community is our annual Labour Day festivities, which is one full week of activities including cultural events, a softball tournament, midway, dances, pageants and a spectacular fireworks show, which signifies the closing of the Labour Day festivities. This is held the week before, through Labour Day itself.

The Tobique First Nation is governed by 13 members of the community, known as the Chief and Council. Under the direction of the Chief and Band Councillors, the Tobique First Nation has diversified into Information Technology, Construction, Fuels, Commercial Fisheries, and Forestry Services. Recently, the Federal and Provincial Governments have agreed to cooperate on the upgrade of the existing Trans Canada Highway #2 from single lane to a two lane divided highway. The Maliseet people in Tobique are positioned to be one of the first communities to capitalize on the highway's development.

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Be
active,
every
day,
your
way.

Age is no barrier.

NOVA SCOTIA
Sport and Recreation Commission
www.gov.ns.ca/src

CANADA'S
Physical Activity Guide
to Healthy Active Living

00161997

- Nova Scotia Office of Health Promotion
- Nova Scotia Sport and Recreation Commission
- Recreation directors
- Community recreation centres
- Sport Nova Scotia
- Seniors' centres, clubs, and councils
- Fitness and wellness centres
- YMCAs and YWCAs

The remainder of this section provides a sampling of the active living pursuits underway in Nova Scotia.

Active Living Coalition for Older Adults (ALCOA)

The Coalition is a national partnership of organizations and individuals with an interest in the field of aging and active living. ALCOA encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces daily physical activities.

Visit Nova Scotia's Beautiful South Shore

...Along the Lighthouse Route

Great Birding and Beaches

Great Museums, History and Architecture

Great Get-aways

Great Festivals and Events

Join well known artist Laurie Swim during the summer of 2003 as she helps the community create an art quilt tapestry for the Knaut-Rhuland House Museum in Lunenburg, as part of the 250th celebrations. For more information call (902) 634-3498

2003 Festival & Events

May 22-25 – "Lights Along the Shore" Lighthouse Festival – along the Lighthouse Route
June 5-8 - Shelburne County Lobster Festival – Shelburne County
June 26-29 – Privateer Days - Liverpool
July 11-13 – Lunenburg Craft Festival – Lunenburg
July 21-27 – South Shore Exhibition – Bridgewater
July 25-27 – Shelburne Founders Days – Shelburne
July 27 – NS Marathon/Half Marathon - Barrington
Aug. 1-3 – Mahone Bay Wooden Boat Festival – Mahone Bay
Aug. 3 – Nova Scotia Folk Art Festival – Lunenburg
Aug. 5-10 – Hubbards Cove Days – Hubbards
Aug. 8-10 – Lockeport Sea Derby - Lockeport
Aug. 13-17 – Chester Race Week – Chester
Aug. 15-17 – Hank Snow Tribute – Bridgewater
Sept. 6 – Heritage Blueberry Supper – ParkdaleMaplewood
Oct. 3-5 – Great Scarecrow Festival & Antique Fair - Mahone Bay
Nov. 7-9 – Newfie Days - Lunenburg
Nov. 8-9 – Christmas Craft Extravaganza – White Point Beach Resort
Nov. 14-15 – Christmas Market – Shag Harbour
Dec. 5-7 – New Ross Christmas Festival – New Ross

NOVA SCOTIA Tourism and Culture
South Shore Tourism Association

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For more information, contact:
33 Laird Drive
Toronto, ON M4G 3S9

Phone: . . . . (416) 423-069
Toll-free: 1-800-549 9799
E-mail: alcoa@istar.ca
Website: www.alcoa.ca

Canada Senior Games Association (CSGA)

Nineteen Nova Scotians participated in the Canada Senior Games held in Summerside, Prince Edward Island, in September 2002. The Senior Citizens' Secretariat and Nova Scotia Sport and Recreation Commission supported the participants in their efforts.

The games were organized by the CSGA, an organization that promotes senior's sports, recreation, and related activities across Canada. The CSGA involves seniors in the planning, leadership, and evaluation of the Games.

If you're interested in helping to form an association to promote provincial seniors' games in Nova Scotia, contact the Senior Citizens' Secretariat.

For more information, contact:
Valerie White, Executive Director
Senior Citizens' Secretariat

Phone: . . . . (902) 424-6322
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca
or

Joyce Young, President
Canada Senior Games Association
1101 Fir Street
Whitehorse, YT Y1A 4C1
Phone: . . . .(867) 633-3488
E-mail: joyce.young@yt.sympatico.ca

Dartmouth Volksmarch Club

This active hiking club organizes recreational walks throughout the year for people of all ages. It is a great way to meet new friends for fitness and fun. The walks are planned well in advance. A schedule is available with information on the dates, length and difficulty of each route, and walk leaders.

Non-members can participate in five free walks. If you wish to continue accumulating event and distance stamps, you can then purchase a membership for $10 a year. Forms for non-members are available from either the president or walk leaders.

For more information, contact:
Gerry Simpson, President
PO Box 28064 Tacoma RPO
Dartmouth, NS B2W 6E2
Phone: . . . .(902) 883-7266
Website:
www.dartmouthvolksmarchclub.com

Elderfit — Lunenburg

This popular aquafit program, with over 90 participants, is offered several times a week at the South Shore Dive Shop in Lunenburg and at the Oak Island Inn, near Oak Island. Both programs provide local seniors and interested others with an opportunity to keep fit and socially active.

For more information, contact:
George McKiel
Phone: . . . .(902) 764-2090
E-mail: jq.mckiel@ns.sympatico.ca

Elderobics Association of Nova Scotia

Elderobics is a mild exercise program for men and women over age 55, including a warmup, aerobics, muscular strength and endurance, stretching and relaxation. Classes are offered two and three times a week in 13 locations in the Halifax/Dartmouth area.

Elderobics Fitness Instructor Workshop – This workshop trains fitness instructors who are interested in teaching older adults. The workshop is a requirement for the YMCA's specialty certificate in Older Adult Fitness.

For more information, contact:
Jean Shaw, Coordinator
YMCA of Greater Halifax/Dartmouth
Phone: . . . .(902) 423-9709 ext. 269

Seniors' Skate Information

There are a variety of adult skating programs in rinks throughout the province beginning as early as October 1.

For more information, contact:
Your local recreation department
(see page 30).

Ford's Allcare
HOME HEALTH CENTRE

Specializing in
- Home Oxygen Systems
- Portable Oxygen Systems
- Aerosol Compressors
- Sleep Apnea Products (CPAP)

Ford's Allcare Respiratory Services
559 Prince Street, Truro, NS
Ph: (902) 893-2188 • Toll Free 1-800-332-3053
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Ski Atlantic Seniors' Club

Members receive a ski area pass, for weekdays only, at local ski resorts. Resorts include Ben Eoin, Cape Smokey, Keppoch, Martock, Wentworth, and the New Brunswick areas of Crabbe and Poley. If you are a beginner, you can attend group lessons in Alpine skiing. Membership is open to anyone over 55 who has retired from full-time employment, and to anyone 65 or older. Membership fee: $165 per year.

For more information, contact:
Mary Kitley, Membership Registrar
Ski Atlantic Seniors' Club
Site 4, Box 3B8, RR1
Tantallon, NS B0J 3J0
Phone: . . . .(902) 823-3024
E-mail: SASC@chebucto.ns.ca
Website:
www.chebucto.ns.ca/sportfit/SASC

Taoist Tai Chi Society

The society offers Taoist Tai Chi for seniors in various parts of Nova Scotia. With the gentle turning, stretching movements of tai chi you can learn to develop balance, flexibility, timing, muscle tone, co-ordination, concentration, and relaxation. Tai Chi may also help you with ailments such as back pain, headaches, high blood pressure, poor circulation, breathing difficulties, digestive disorders, arthritis, osteoporosis, multiple sclerosis, and Parkinson's disease. Additionally, the society offers health-recovery classes, supervised by health professionals, for those suffering from injuries, strokes, or other health problems. It also has a Toaist Tai Chi set that can be done from a wheelchair.

Classes are held in Annapolis Royal, Bear River, Bridgewater, Dartmouth, Digby, Halifax, Kentville, Lower Sackville, Port Hawkesbury, Sydney, and Truro. Contact the society for information about class schedules, fees and locations.

For more information, contact:
Halifax Office
Phone: . . . .(902) 422-8142
E-mail: ttcatlantic@ns.sympatico.ca

Ticker Troop — Dartmouth

This group meets twice a week at Mic Mac Mall. Join them for walking and friendship.

For more information, contact:
Phyllis Vallis, Coordinator
Phone: . . . .(902) 462-5011

YMCA of Greater Halifax/Dartmouth

The YMCA offers a number of healthy lifestyle programs for older adults. These include: aquafit, seniors swim, 50+ fitness classes, strength training, yoga, Aquacise for Arthritics, and Change of Heart (post-heart-attack fitness). Supervised strength training programs are also available.

Seniors Fitness Testing Program — This new program, first offered in the fall of 2002 at the South Park YMCA, Halifax, is geared towards the 60–90+ age group.

Offered in a social and supportive group environment, the program is designed to encourage involvement in physical activity and help you to identify and prevent the early stages of reduced function.

For more information, contact:
YMCA of Greater Halifax/Dartmouth
Phone: . . . .(902) 423-9622
Website: ymcahrm.ns.ca
or
Fred Alward
Seniors Fitness Testing Program
Phone: . . . .(902) 423-9709 (ext. 267)
E-mail: fred_aylward@ymca.ca

Leisure and Hobbies

Opportunities

Many opportunities to pursue leisure activities and hobbies exist in Nova Scotia. Contact your local recreation department, seniors' centre, club, or council for more information on activities in your area.

Harbourview Bar and Lounge

This gathering place for the 50+ crowd is located in Northwood Community Centre, Halifax. Features include a snooker area and outdoor terrace. Parties and receptions can be hosted at the lounge, and catering is available. Call to find out about transportation to the lounge via the Northwood bus.

For more information, contact:
2615 Northwood Terrace
Halifax, NS B3K 3S5
Phone: . . . .(902) 454-3323
E-mail: information@nwood.nc.ca
Website: www.nwood.ns.ca

Northwood Broadcasting Club (NWBC)

NWBC is a radio station run by seniors for seniors. It is an important source of information on health issues and leisure opportunities for older adults. NWBC also offers a wide variety of easy-listening music.

The station broadcasts in-house to Northwood residents, and to residents living in Halifax Regional Municipality and surrounding areas. Service is provided on community television Channel 10, courtesy of Eastlink.

For more information, contact:
2615 Northwood Terrace
Halifax, NS B3K 3S5
Phone: . . . .(902) 454-6922
E-mail: information@nwood.ns.ca
Website: www.nwood.ns.ca

Nova Scotia Seniors' Art Gallery and Seniors' Photo Gallery

If you are over the age of 50 and would like to display your artwork or photos, contact the Senior Citizens' Secretariat for details. All proceeds from the paintings and photos sold go directly to you. The galleries are located in the World Trade and Convention Centre, 1800 Argyle Street, Halifax. They are open whenever the WT&CC is open to the public.

For more information, contact:
Senior Citizens' Secretariat
PO Box 2065
Halifax, NS B3J 2Z1
Phone: . . . .(902) 424-0065
Toll-free: 1-800-670-0065

Expositions

50+ expo — Life Is What You Make It

50+ expo is a special forum for people 50 and over and their families. The expo offers an opportunity to learn about products, programs, and services available in today's marketplace. Shows include: exhibits, entertainment, a hobbies/crafts area, and educational seminars. The next 50+ expo will be held on June 13th and 14th, 2003 at Exhibition Park in Halifax *(see page 38)*.

For more information, contact:
Valerie White, Chairperson
50+ expo
PO Box 2065
Halifax, NS B3J 2Z1
Phone: .... (902) 424-0065
Toll-free: 1-800-670-0065

Volunteer Activities

Opportunities

Each year in Nova Scotia, volunteers contribute countless hours to their communities. Many of these volunteers are seniors.

If you have an interest in helping others and can spare some time, select from among the many community-based organizations listed in this directory and find out how you can help.

Volunteers ... the heart of our community.

Provincial Volunteer Awards

Recreation Nova Scotia coordinates the Provincial Volunteer Awards Ceremony and Luncheon each year during National Volunteer Week celebrations. The events serve as a tribute to the voluntary sector and are meant to say thank you to all individuals who give so much of their time and talents. Contact Recreation Nova Scotia for details on volunteer recognition resources and gifts such as balloons, lapel pins, mugs, and key chains.

For more information, contact:
Recreation Nova Scotia *(see page 29)*.

Senior Citizens' Secretariat
is happy to announce
the date and location for its

14th Annual 50+ expo

Life is What You Make It!

Date: **Friday, June 13, 2003** 9:00 am – 6:00 pm
8:00 pm – Midnight (Dance)
Saturday, June 14, 2003 9:00 am – 6:00 pm

Location: Exhibition Park, Halifax
Free Parking and Everything on One Convenient Level

Cost: **Expo** - $5 per day
Dance - $10

For more information, view the expo website:
www.50plusexpo.ns.ca or call us **toll-free: 1-800-670-0065**

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Sydney Volunteer Resource Centre

The centre serves as a recruitment and referral service for volunteers in Sydney and surrounding areas. It also provides education and training courses on volunteerism to organizations that depend on volunteers to carry out their work.

For more information, contact:
Phone: (902) 562-1245
E-mail: sydneyvolunteers@ns.sympatico.ca
Website: www.newdawn.ca

Travel

Canadian Snowbird Association

This association represents the interests, needs, and concerns of Canadians who travel. Areas of focus include health-care, social interests, and economic concerns. The organization has a powerful voice in defending the rights and privileges of Canadians.

Members receive many services, including the quarterly CSA News Magazine, financial planning advice, an auto club, group tours, currency exchange, auto and home insurance, and motel discounts.

For more information, contact:
Canadian Snowbird Association
180 Lesmill Road
North York, ON M3B 2T5
Toll-free: 1-800-265-3200
Website: www.snowbirds.org
or
Jack Kiuru, Nova Scotia Director
1207-5959 Spring Garden Road
Halifax, NS B3H 1Y5
Phone: (902) 422-2036
E-mail: Kiurujk@aol.com

Customs Information

If you plan to travel outside Canada and require customs information, contact the Canada Customs and Revenue Agency.

For more information, contact:
Toll-free: 1-800-461-9999
Toll-free TDD: 1-800-267-0825
Website: www.ccra-adrc.gc.ca

Passports

Application forms are available at Canada Post outlets and the Passport Office.

For more information, contact:
Passport Office
Department of Foreign Affairs and International Trade
1505 Barrington Street, Suite 1508
Maritime Centre Building
Halifax, NS B3J 3K5
Toll-free: 1-800-567-6868
Toll-free TTY: 1-866-255-7655
Website: www.ppt.gc.ca

Life-Long Learning Opportunities

Libraries

Alzheimer Resource Library

The library is a service of the Alzheimer Society of Nova Scotia. *Hours:* Monday to Thursday, 8:30 am–4:30 pm and Friday 8:30 am–4:00 pm.

For more information, contact:
Phone: (902) 422-7961

Caregiver Resource Library — Nova Scotia Centre on Aging

This lending library offers books and videos for family and professional caregivers. Topics include: the aging process, elder abuse, legal issues, home care, stress, counseling, aging with developmental disabilities, and support groups. Anyone who lives in Nova Scotia may borrow from the library. If you live outside the Halifax area, the centre will send you books by courier. *Hours:* Tuesday and Thursday, 1:00 pm–4:30 pm.

For more information, contact:
Library Coordinator
Caregiver Resource Library
Nova Scotia Centre on Aging
Mount Saint Vincent University
Bedford Highway, NS B3M 2J6
Phone: . . . .(902) 457-6561

Information Resource Centre — Senior Citizens' Secretariat

The centre maintains a collection of books, reports, magazines, videos, pamphlets, and newsletters on a multitude of topics related to aging. The materials may be borrowed by the general public. A mail service is available for people who cannot visit the centre. To obtain a listing of subjects covered, contact the librarian.

For more information, contact:
Jane Phillips, Librarian
1740 Granville Street, 4th Floor
PO Box 2065
Halifax, NS B3J 2Z1
Phone: . . . .(902) 424-4710
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca
Website: www.gov.ns.ca/scs

Nova Scotia Regional Public Libraries Services for Seniors

This service offers a variety of programs and services to seniors, including large-print books, special collections of information relating to the interests and concerns of seniors, a books-by-mail service, book delivery service, talking-books service, descriptive videos, and special programs on topics of interest to seniors.

For more information, contact:
Your nearest regional library, as listed in your local telephone directory.
Website: www.library.ns.ca/regionals

Gerontology Programs

Mount Saint Vincent University

Master of Arts, Family Studies and Gerontology — The university offers a masters degree in family studies and gerontology. Please Note: graduate courses are not offered on a tuition-free basis for seniors.

Bachelor of Applied Arts, Family Studies and Gerontology — The Family Studies and Gerontology Program offers an undergraduate bachelor degree and undergraduate honours degree.

Certificate in Gerontology — This program is designed for individuals who work or plan to work in the field of aging.

For more information, contact:
Admissions Office, MSVU
Bedford Highway
Halifax, NS B3M 2J6
Phone: . . . .(902) 457-6128
E-mail: admissions@msvu.ca
Website: www.msvu.ca

University and Community College Courses for Seniors

Reduced Tuition Fees

The following universities in Nova Scotia offer credit courses to seniors on a tuition-free or reduced-fee basis.

Acadia University, Wolfville — Reduced fee structure for all credit courses for seniors 60+. For more information, contact student accounts:

Phone: . . . .(902) 542-2201

Atlantic School of Theology, Halifax — 50 percent reduction in tuition to seniors 65+ for credit courses.

Phone: . . . .(902) 423-6939

Dalhousie University, Halifax — Free tuition for all undergraduate credit courses for seniors 65+. For more information, contact student accounts:

Phone: . . . .(902) 494-2211

Mount Saint Vincent University, Halifax — Free tuition for all undergraduate credit courses for seniors 60+.

Phone: . . . .(902) 457-6128
E-mail: admissions@MSVU.ca

Nova Scotia College of Art and Design, Halifax — 40 percent discount on tuition fees for all credit courses for seniors 60+. 20 percent discount on Continuing Education courses.

Phone: . . . .(902) 494-8195

Saint Francis Xavier University, Antigonish — Free tuition for all undergraduate credit courses for seniors 65+.

Phone: . . . .(902) 863-3300

Université Sainte-Anne, Church Point — 60 percent discount on tuition fees for seniors 60+ for all credit courses.

Phone: . . . .(902) 469-2114

University College of Cape Breton, Sydney — Free tuition for seniors 65+ or pre-retired 60+ for all credit courses.

Phone: . . . .(902) 539-5300

Distance Education Courses

University courses, credit, non-credit and non-degree, are now offered in the evenings, on weekends, and through the summer to accommodate demands for flexible scheduling. Technological advances have enabled the learner and the educator to work at a distance.

Students are instructed through one or more of these means: correspondence, televised broadcasting, audio and video tapes, teleconferencing, e-mail, and the internet. Costs vary by institution and course. A calender of courses is available.

For more information, contact:

Association of Atlantic Universities
Suite 403, 5657 Spring Garden Road
Halifax, NS B3J 3R4

Phone: . . . .(902) 425-4233
Website: www.dal.ca/aau

Nova Scotia Community College

In addition to full-time courses, the NSCC offers part-time and Distance Education courses at its 12 locations around the province. There is no reduced tuition fee for seniors.

For more information, contact:

Phone: . . . .(902) 491-4911
Toll-free: 1-866-679-6722
Website: www.nsccadmissions@nscc.ca

Acadia Lifelong Learning Centre (ALL)

This centre is designed by and for seniors aged 50 and over. It offers high-quality educational courses on the Acadia University campus.

For more information, contact:
Coordinator
Phone: . . . .(902) 585-1434
Toll-free: 1-800 565-6568
E-mail: allinfo@acadiau.ca
Website: www.conted.acadiau.ca

Elderlearners

Elderlearners, sponsored by the Division of Continuing Education at Saint Mary's University, offers seniors 55 and over an opportunity to become involved in lifelong learning. Patterned on Universities of the Third Age in Europe, its members continue to educate themselves and share ideas on a wide variety of subjects of interest to seniors through a series of lectures and lunches every fall and winter.

For more information, contact:
Jim Sharpe, SMU
Division of Continuing Education
Saint Mary's University
Halifax, NS B3H 3C3
Phone: . . . .(902) 420-5492

A Visit Into the Past

Ross Farm Museum

Re-live your memories of rural Nova Scotia during a visit to historic **Ross Farm Museum**, just 15 minutes from Chester Basin on Route 12 in New Ross (Exit 9 off Hwy. 103).

Website: http://museum.gov.ns.ca/musdir/rossfarmmuseum.htm

The Nova Scotia Breast Screening Program

- A quality province wide health service
- Accredited mammography sites
- Self Referral for women over 40 with no breast problems
- Automatic reminder notices
- Patient navigation

Guidelines for mammography screening
Under Age 40 -Not usually appropriate
Ages 40-49 -Annual screening
Ages 50 and older -Screening every 2 years if in good health

"REGULAR"

Breast screening by mammography makes early detection of breast cancer possible.

"Make an Appointment for Your Health"

Halifax Clinic 473-3960
Dartmouth General Hospital
Mobile Van 1-800-565-0548

NOVA SCOTIA

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Other Seniors' Programs

Routes to Learning Canada

This organization, formerly called Elderhostel, is a not-for-profit, charitable organization providing education-travel adventures. With Routes to Learning Canada you can travel with others who share your quest for new insight. You'll venture on and off the beaten path, discovering places, people and things that are inaccessible to conventional tours. The organization is the proud provider of Canadian learning travel programs for Elderhostel International Inc.

For more information, contact:
Tanya Poulton,
Canada East Field Office Director
65 Millrun Crescent
Bedford, NS B4A 3H9
Phone: . . . .(902) 835-8630
E-mail:
Tanya.Poulton@routestolearning.ca
Website: www.routestolearning.ca

Computers and the Internet

Community Access Program (CAP)

CAP offers affordable access to the Internet. Computers are available for free public use. You can read your E-mail, look up websites, check your stocks, or search the Internet. This federal/provincial

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TIME
OF YOUR LIFE!

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Casino Nova Scotia Sydney. 1-866-334-1114

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www.casinonovascotia.com

program can be found in communities across Canada. Call today to locate the CAP site nearest you.

For more information, contact:
Toll-free: 1-800-268-6608
Website: www.nsaccess.ns.ca/cap

Halifax Region Seniors' Multiple Point Access Program (HRSMPAP)

This seniors' program teaches you how to use a computer. You can sign up for training on the computer and internet. Classes are taught by seniors at an easy pace, in a friendly seniors' centre environment. You can also borrow a computer to use at home during training sessions, or join a computer club to share skills.

For more information, contact:

Dartmouth Seniors' Service Centre
45 Ochterloney Street
Dartmouth, NS B2Y 4M7
Phone: . . . .(902) 465-5578

Rockingham Community Centre
199 Bedford Highway
Halifax, NS B3M 2J9
Phone: . . . .(902) 490-4686

Sackville Seniors Advisory Council
800 Sackville Drive
Lower Sackville, NS B4E 1R8
Phone: . . . .(902) 864-5591

Spencer House Seniors' Centre
5596 Morris Street
Halifax, NS B3J 1C2
Phone: . . . .(902) 421-6131

Spryfield Seniors' Society
South Centre Mall
16 Dentith Road, Box 41
Halifax, NS B3R 2H9
Phone: . . . .(902)477-5658

Ward 5/St. Mark's
5522 Russell Street
Halifax, NS B3K 1X2
Phone: . . . .(902) 454-0018

Student Connection Program

This program is a partnership between Holland College and Industry Canada's YES program. It offers training to help seniors learn to use the latest technology. You can sign up for group training sessions or one-on-one instruction in your home. Topics include:

- introduction to computers, the internet and e-mail
- on-line banking and e-commerce

For more information, contact:
Sheri Miller
Phone: . . . .(902) 426-0566
Toll-free: 1-888-807-7777
E-mail: miller.sheri@cbsc.ic.gc.ca
Website: www.studentconnection.ns.ca

Using Technology? Positively!

This series of fact sheets on everyday technologies and seniors is available from the Senior Citizens' Secretariat. Topics covered include:

- *Series Overview*
- *Telecommunications: Phones and More*

VISITING HALIFAX/DARTMOUTH

Receive true value with our Seniors Discounts and experience the comfort of our bright, spacious, air-conditioned rooms. Enjoy the convenience of your own kitchenette or dine in our licensed family restaurant. Elevator equipped, free local calls, free parking and complimentary in-room coffee or tea.
Group rates available.
Located minutes from most attractions in Halifax/Dartmouth.

Coastal Inn Concorde
379 Windmill Rd., Dartmouth 465-7777
1-800-565-1565
00163711

The Skills and Learning Branch of the Department of Education offers many quality programs and services for older workers and seniors.

Sk!lls
NOVA SCOTIA

The Department of Education and HRDC are partners on an initiative that targets older workers 55+.

The Older Worker Pilot Project Initiative funded by HRDC and coordinated by the Department of Education, is designed to help Older Workers re-enter the workforce and maintain employment.

Pilot Projects that address the needs of older workers are being funded across the province.

For more information on the initiative or the pilot projects, please contact:

Jeannine Jessome, Coordinator
Skill Development and Training
PO Box 578, Halifax, NS B3J 2S9
Phone: 424-8095
E-mail: jessomjl@gov.ns.ca

Older Workers:

- Are excellent leaders and mentors for their younger counterparts in the workforce
- Demonstrate exemplary safety practices and work ethic
- Have experience in and knowledge of workplace operations and procedures
- Take pride in their work and do not take shortcuts
- Know their organization's history and understand how their workplace fits into the broader community
- May have dedicated up to 45 years to the workplace

Apprenticeship

Long time practitioners in skilled trades or careers, interested in obtaining a Certification of Qualifications please contact the Apprenticeship Training Division:
Tel: 902-424-5651 or 1-800-494-5651

Nova Scotia School for Adult Learning provides an opportunity for adults to improve their literacy and numeracy skills and/or acquire their high school diploma.
For more information please call:
902-424-7287

GED provides an opportunity for adults 19+, or out of school for one year to acquire their high school equivalency certificate.
For more information please call:
902-424-4227

NOVA SCOTIA
Education

Workplace Education provides an opportunity for employees to improve essential skills or acquire news ones for work of community living. It is an education program designed for workers, by workers that uses materials and issues from your workplace.
For more information please call:
902-424-0492

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- *Looking After Your Money: Technology and Banking*
- *Computers: Getting Online Using the Internet*
- *For the Good of Your Health: Technology and Health Care*
- *How Are Everyday Technologies Kept Safe?*
- *Older Adults Mean Business*

For more information, contact:
Senior Citizens' Secretariat
Phone: .... (902) 424-0065
Toll-free: 1-800-670-0065
E-mail: scs@gov.ns.ca

Employment

Human Resource Centres of Canada (HRCC)

These centres offer a range of employment services to Canadians and provide support to people looking for jobs.

Employment Insurance Benefits — Like other Canadian workers, if you are 65 or over you can get Employment Insurance (EI) benefits or sickness benefits if you meet the criteria. EI earnings that may affect the benefits you receive include retirement income such as employment pensions. The centres can provide you with information about EI.

Job Search Support — The HRCCs offer support to people looking for jobs including job and career counseling, help with writing resumes, computerized information on jobs, and job-finding clubs.

Social Insurance Number (SIN) — The centres can help you to obtain or replace a Social Insurance card. The fee for replacing a card is $10.

For more information, contact:
Website: www.hrdc-drhc.gc.ca
Phone *(English)*: 1-800-206-7218
Phone *(French)*: 1-800-808-6352

Older Worker Pilot Project Initiative

The Nova Scotia Department of Education and Human Resources Development Canada (HRDC) are currently working together on an initiative designed to help older workers re-enter the workforce and maintain employment.

The six pilot projects underway in Nova Scotia are listed below. Others will be announced in 2003.

For more information, contact:
Jeannine Jessome, Coordinator
Older Worker Pilot Project Initiative
Department of Education
PO Box 578,
Halifax, NS B3J 2S9
Phone: .... (902) 424-8095
E-mail: jessomjl@gov.ns.ca

Older Workers Pilot Projects

SEEDS Career Centre

This career centre serves the needs of older workers in the metro Halifax area. It is designed to help older workers keep up with changing technology, essential skills, and knowledge demands in today's workplace.

The centre provides employment support to seasoned workers 55+ who are currently looking for employment or wishing to upgrade their skills. Services include job search clubs, training in resume writing, work/life exploration, essential skills, safety training, and referral clubs.

For more information, contact:
SEEDS Career Centre
6331 Lady Hammond Road
Halifax, NS B3K 2S2
Phone: . . . .(902) 431-8721
E-mail: info@seedscareercentre.ca
Website: www.seedscareercentre.ca

Cape Breton Older Workers Adjustment Service Centres

With locations in Sydney, Glace Bay and North Sydney, these centres offer services such as resume and cover letter preparation, essential skills upgrading, employment information, and training in job search skills to workers 55+ interested in upgrading their skills or securing employment.

For more information, contact:
Sydney Office
369 Prince Street, Steelworkers Hall
Sydney, NS B1P 5L2
Phone: . . . .(902) 564-6593
North Sydney Office
255 Commercial Street
North Sydney, NS B2A 1B5
Phone: . . . .(902) 794-1584
Glace Bay Office
48 McKeen Street
Glace Bay, NS B1A 5B9
Phone: . . . .(902) 842-0034
Email: cbolderworker@ns.aliantzinc.ca

Valley SEEDS

In partnership with the Kentville Career Resource Centre, Valley SEEDS offers workshops on skill assessment, self-esteem, resumes and cover letters, interviews, and computers. Valley SEEDS also offers important resource sharing and networking.

For more information, contact:
Valley SEEDS/Kentville CRC
Enterprise Centre of Kings County
326 Main Street
Kentville, NS B4N 1K6
Phone: . . . .(902) 679-7460
Email: info@crckentville.org

Seasoned Worker Career Centre

Collège de l'Acadie- Tusket Campus

This centre offers services to seasoned workers in Southwestern Nova Scotia with an emphasis on the French Acadian community.

For more information, contact:
Seasoned Worker Career Centre
PO Box 59
Tusket, NS B0W 3M0
Phone: . . . .(902) 648-3508
Email: gaanne@tusket.ccfne.ns.ca

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- EXCURSIONS *(as advertised)*
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CALL FOR FREE BROCHURE
1-800-268-3492
www.seniortours.ca
225 Eglinton Ave. West
Toronto M4R 1A9

Senior Tours
CANADA

Seniors for Seniors

Seniors for Seniors provides employment opportunities for workers 50 years of age and older in the Halifax area. Positions available include homemakers, handy-persons, home-cleaners, and companions.

For more information, contact:
Howard Court or Janet Wilson
7001 Mumford Road, Tower 1
Suite 819, Halifax, NS B3L 2H8
Phone: (902) 454-3674
Toll-free: 1-800-719-6643

Workers' Compensation Board of Nova Scotia

The Workers' Compensation Act of Nova Scotia is designed to protect both injured workers and employers by providing financial assistance, medical aid, re-employment, vocational rehabilitation, and protection from litigation.

Financial assistance may include payment of temporary earnings-loss benefits (payable at the rate of 75 percent of net pre-accident earnings up to 26 weeks and 85 percent thereafter), extended earnings-loss benefits (when a permanent impairment has been determined and there is an earnings-loss), permanent impairments benefits (for loss of enjoyment of life caused by a permanent injury), and an annuity (which replaces the extended earnings-loss benefits which are discontinued at age 65). As well, if a worker dies as a result of a workplace accident, the act allows for survivor benefits and dependent child benefits.

For more information, contact:
Main Office
5668 South Street
PO Box 1150
Halifax, NS B3J 2Y2
Phone: (902) 491-8999
Toll-free: 1-800-870-3331
E-mail: info@wcb.gov.ns.ca
Website: www.wcb.ns.ca
or
Branch Office, Sydney
336 Kings Road, Suite 117
Sydney, NS B1S 1A9
Phone: (902) 563-2444
Toll-free: 1-800-880-0003

Transportation

Licenses and Safe Driving

Driver's Licenses

Photo driver's licenses are issued by the Registry of Motor Vehicles, a division of Service Nova Scotia and Municipal Relations. The cost to renew a class 5 (regular) licence for a five-year period is $60.

Appointments for Seniors — People with special needs, including seniors, may schedule a time to renew their license rather than waiting for extended periods of time.

Mobility Disabled License Plates and Permits — To ensure those needing to park close to buildings due to mobility impairments can do so, mobility disabled plates and permits are available to qualified individuals who are the principle drivers of a vehicle *(See page 26)*.

Refunds — You can request a refund if you move out of the province or have stopped driving. Additionally, refunds can be requested by the estate on behalf of deceased drivers. The refund will be for the time remaining in the five-year period for which the driver has paid, minus the $9 fee and an administration fee of $11.50.

Office Locations — Contact the Registry's toll-free information line to locate the office nearest you.

For more information, contact:
Phone *(Halifax)*: . . . .(902) 424-5851
Toll-free: 1-800-898-7668
Website: www.gov.ns.ca/snsmr/rmv

Seniors' Safe Driving Discount Program

Funding provided by Service Nova Scotia and Municipal Relations has made it possible for Nova Scotia drivers, aged 65 and over, who hold a valid driver's licence to receive a one-time, $40 rebate on safe driving courses. Since many of the organizations offering this program charge $40 or less, seniors usually attend for free.

Safe driving courses can help you understand how aging affects your driving skills, and discover ways to make up for these changes.

Participation is voluntary and seniors do not have to take a course to keep their drivers' licenses. The courses are educational and do not involve a road test.

For more information, contact:

Seniors Safe Driving Discount Program
Service Nova Scotia and Municipal Relations
Phone: . . . .(902) 424-5851
Toll-free: 1-800-898-7668
Website: www.gov.ns.ca/snsmr

For information on a specific course, contact the following organizations:

Courses Available Province-Wide

Nova Scotia Safety Council
2786 Agricola Street
Bloomfield Centre
Halifax, NS B3K 4E1
Phone: . . . .(902) 454-9621
E-mail: nssc@nssafety.ns.ca

Older Drivers Safe Driving Course
Nova Scotia Government Retired Employees Association
PO Box 20142
349 Herring Cove Road
Halifax, NS B3R 2K9
Phone: . . . .(902) 477-5155

Amherst

Fundy Driving School
Phone: . . . .(902) 667-8090

Bridgetown

Discover Driving
Phone: . . . .(902) 665-2831
Website: www.discoverdriving.com

Brookfield

South Colchester Driving School
Phone: . . . .(902) 673-2958

Kentville

Fundy Driving School
Phone: . . . .(902) 679-0607

The Salvation Army
Services to Seniors

Our purpose is to provide programs to meet the physical, emotional, social and spiritual needs of mature adults and to motivate them to develop their own unique ministry and gifts.

**For more information please contact
Major Winnie Perrin at 902-455-1201, ext. 229
or email: winnie_perrin@can.salvationarmy.org**

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Halifax/Dartmouth Metro Area

Drive Wise Driving Program

Phone	(902) 434-5113
E-mail:	DriverED@AdvancedDriving.com

Pictou

Pictou Driving Academy

Phone:	(902) 485-5789
E-mail:	kmaclean@north.nsis.com

Transport 2000

Transportation is a central issue affecting seniors. This organization promotes public transportation in the Atlantic Provinces. It is involved in research, consumer advocacy, and education.

For more information, contact:

John Pierce
Transport 2000 Atlantic
Box 268 Dartmouth, NS B2Y 3Y3

Phone:	(902) 469-3474
E-mail:	JK.Pearce@ns.sympatico.ca

Public Transportation Regional Services

Dial-a-Ride Nova Scotia

Service Nova Scotia and Municipal Relations partners with several other government departments and agencies to provide for a diverse range of safe, affordable, and accessible public transportation services to meet the needs of rural Nova Scotians, including those who are disabled, disadvantaged, or elderly. These services, available in many parts of the province, are part of the *Dial-a-Ride Nova Scotia* network.

Partial funding for these services is provided under the Community Transportation Assistance Program (CTAP). Non-profit organizations interested in developing new community-based transportation services are eligible for a grant upon approval of a summary business plan by Service Nova Scotia and Municipal Relations.

For more information, contact:

René Frigault
Service Nova Scotia and
Municipal Relations

Phone:	(902) 424-2088

or

Dial-a-Ride Nova Scotia

Toll-free:	1-877-305-7433
Website:	www.gov.ns.ca/snsmr/dialaride

Transportation Services by Area/County

(also, see Shuttle Services on page 54)

Annapolis County

Kings Transit

This service provides public fixed-route transportation in the Annapolis Valley area. Seniors' passes are available at a discounted price.

For more information, contact:

Phone:	(902) 678-7310
E-mail:	andy@kingstransit.ns.ca
Website:	www.kingstransit.ns.ca

Annapolis County Alternative Transportation Society (ACATS)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

For more information, contact:

Vicki-Lynn Davidson, Bridgetown

Phone:	(902) 665-2919

E-mail:	acats@ns.sympatico.ca
Website:	www.gov.ns.ca/snsmr/dialaride *(choose Transportation Services in NS)*

Cape Breton Regional Municipality

Transit Cape Breton

This service provides public fixed-route transportation in the Industrial Cape Breton area. Special fares for seniors are available.

For more information, contact:

Phone:	(902) 539-8124

Handi-Trans – Transit Cape Breton

Handi-Trans is a shared-ride, door to door public transportation service for registered mobility impaired residents of seven municipalities in Industrial Cape Breton. The service is operated by Cape Breton Regional Transit Authority and is available by appointment, Monday to Saturday.

For more information, contact:
Bernie Steele

Phone:	(902) 539-4336
E-mail:	damuldoon@region.cape-breton.ns.ca

Clare/Digby County

Le Transport de Clare

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

For more information, contact:
Claredon Robicheau, Church Point

Phone:	(902) 769-2474/2980
E-mail:	crobicheau@auracom.com
Website:	www.gov.ns.ca/snsmr/dialaride *(choose Transportation Services in NS)*

Colchester County

Colchester Transportation Cooperative Ltd. (CTCL)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

For more information, contact:
Terry LaPoint, Truro

Phone:	(902) 897-4703
Toll-free:	1-877-305-7433
E-mail:	ctcl@ns.sympatico.ca
Website:	http://ctcl.ca

Able Transit — Truro

This service, operated by the Disabled Consumers' Society of Colchester County, is designed to meet the needs of disabled consumers in Truro and surrounding areas

For more information, contact:

Phone:	(902) 895-2110

Halifax Regional Municipality

Metro Transit

This service provides public fixed-route transportation in the Halifax/Dartmouth metro area. Special fares for seniors are available when purchasing a seniors' metro pass, a 20 ticket sheet, or when paying a cash fare.

For more information, contact:

Metro Info Line:	(902) 490-6600
TDD Line:	(902) 490-6645
E-mail:	MetroInfo@region.halifax,ns.ca
Website:	www.region.halifax.ns.ca/metrotransit/

Metro Transit Access-A-Bus

This service provides a shared-ride, door-to-door, public transportation service for people who are declared eligible through the registration process. The service operates within the communities of Halifax, Dartmouth, Bedford and the suburban area of Sackville, Colby Village, Eastern Passage, Forest Hills, Herring Cove, Bay Road.

For more information, contact:
Phone: . . . .(902) 490-6999
TTY: . . . .(902) 490-6664
E-mail: contactHRM.region.halifax.ns.ca
Website:
www.region.halifax.ns.ca/metrotransit/Access/Access.html

Linda Stickney Transportation

This private service offers door to door transportation in the Halifax/Dartmouth area. Available Monday to Friday during the day. Call in advance.

For more information, contact:
Phone: . . . .(902) 455-9841
Cell: . . . .(902) 830-7244

Canadian Red Cross Society Transportation Service

Door-to-door transportation is available to people in Halifax and Dartmouth who need a ride to and from medical appointments. There is no charge, but donations are gratefully accepted.

For more information, contact:
Phone: . . . .(902) 496-0103

VON Transportation

This service provides people in the Halifax/Dartmouth/Metro area with transportation to health related appointments. It operates Monday to Friday during the day. Booking is required a week in advance.

For more information, contact:
Jodi Bartlett VON
Phone: . . . .(902) 455-7433

Callow Wheelchair Buses

These wheelchair accessible buses can be booked by groups who require transportation for recreation purposes. The service is designed for groups of people using wheelchairs and others who can't use regular transportation. A minimum donation is requested at the time you place your order.

For more information, contact:
Pat Fletcher, Executive Director
Rosemarie Leblanc, Secretary
Phone: . . . .(902) 422-9433

Hants County

West Hants Alternative Transportation Service Society of United Partnerships (WHATSSUP)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

For more information, contact:
Tanya Sanford, Windsor

Phone: . . . .(902) 792-1800
Toll-free: 1-877-305-7433
E-mail: tanya_sanford@hotmail.com
Website: www.gov.ns.ca/snsmr/dialaride
(choose Transportation Services in NS)

Hants Community Accessible Transportation Service

This privately operated transportation service provides door to door, wheelchair accessible service to residents of Hants County. Flexible hours.

For more information, contact:
Butler Boone
Phone: . . . .(902) 798-0926

Kings County

Kings Transit

This public fixed-route transportation is offered in the Annapolis Valley area. Seniors' passes are available at a discount price.

For more information, contact:
Phone: . . . .(902) 678-7310
E-mail: andy@kingstransit.ns.ca
Website: www.kingstransit.ns.ca/

Kings County Alternative Transportation Services Society (KCATSS)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged in the Kings County area. Transportation to Halifax for medical appointments is also available twice a week.

For more information, contact:
Stephanie Vogler, Kentville
Phone: . . . .(902) 678-1218
Toll-free: 1-877-305-7433
(Press #3 for Kings County)
E-mail: ats@ns.sympatico.ca
Website: www3.ns.sympatico.ca/ats

Lunenburg County

Seniors' Wheel Association – Bridgewater

The association runs an eight-passenger, wheelchair-accessible bus in and around the town of Bridgewater. The service is offered to seniors and disabled persons of all ages. The service is sponsored by the Bluenose Golden K. Kiwanis Club. *Times:* Daily, and some evenings by request. *Fees:* Free of charge. To reserve a ride, please phone one day in advance.

For more information, contact:
Phone: . . . .(902) 543-2255
(answering service)

Pictou County

Central Highlands Association for the Disabled (CHAD)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

For more information, contact:
Ron Levy, New Glasgow

Phone: . . . .(902) 755-1944
Toll free: 1-877- 305-7433
E-mail: r.levy@ns.sympatico.ca
Website: www.gov.ns.ca/snsmr/dialaride
(choose Transportation Services in NS)

VON Volunteer Transportation Program

Transportation to health related appointments is provided during the day, Monday to Friday. Advance booking is required.

For more information, contact:
VON New Glasgow
Phone: . . . .(902) 755-4524

Yarmouth County

Hut's Transit

This public fixed-route transportation service operates within the town of Yarmouth from Monday to Saturday. *Fees:* Same fare for everyone.

For more information, contact:
Gary Hudson
Phone: . . . .(902) 649-2422

Handicapped Organization Promoting Equality (HOPE)

Through the Dial-a-Ride network, this service provides safe, affordable, and accessible public transportation to people who are disabled, elderly, or disadvantaged.

For more information, contact:
Bill Crawford, Yarmouth, NS
Phone: . . . .(902) 742-8910
Toll free: 1-877- 305-7433
E-mail: hope@auracom.com
Website: www.yarmouthweb.com/hope/

Shuttle Services

Campbell's Shuttle Service

(Yarmouth – Halifax)

Personalized service is offered daily in a seven-passenger van.

For more information, contact:
Phone: . . . .(902) 742-6101
Toll-free: 1-800-742-6101

Health Care Shuttle

(Pictou – Halifax)

Door-to-door transportation to and from appointments is provided, by appointment only. Drivers are available to help clients in and out of hospitals, doctors' offices, etc.

For more information, contact:
Hugh Cameron, Pictou, NS
Phone: . . . .(902) 485-8710

Valley Drug Mart Health

(Middleton – Halifax)

Daily service is available to any patient who has an appointment with a specialist in Halifax. Donations are greatly appreciated.

For more information, contact:
Phone: . . . .(902) 825-4824

Sloane's of Hants Helping Hand Transport

(Truro – Halifax – Windsor)

Door-to-door return service to your appointments is provided. Assistance is available, if needed. Day trips for up to 3 persons are also available. Call in advance.

For more information, contact:
John Sloane, Shubenacadie
Phone: . . . .(902) 883-2149

Bruce Prout's Shuttle Service

(L'Ardoise/St. Peters – Halifax)

This shuttle offers return service, six days a week (not Saturdays) on a set schedule. Call in advance.

For more information, contact:
Bruce Prout
Phone: . . . .(902) 587-2359

Federal Retirement Income Programs

Old Age Security Program and Canada Pension Plan

Human Resources Development Canada administers the Old Age Security Program (OAS) and Canada Pension Plan (CPP).

You can contact Human Resources Development Canada (HRDC) to arrange an appointment or ask questions about CPP or OAS.

For more information, contact:

Toll-free *(English)*:	1-800-277-9914
Toll-free *(French)*:	1-800-277-9915
TTY:	1-800-255-4786
Websites:	www.hrdc-drhc.gc.ca www.seniors.gc.ca

Old Age Security Program (OAS)

This monthly benefit is available to most Canadians 65 years of age or older. You must apply for this pension benefit and you must also meet OAS residence requirements.

Your employment history is not a factor in determining your eligibility, nor do you need to be retired to receive this benefit. You can apply for OAS benefits any time from six months to a year before your 65th birthday. OAS benefits are indexed quarterly and are subject to income tax.

The amount of your pension depends on how long you have lived in Canada. If you do not have enough periods of residence in Canada to qualify for a pension, you may still qualify if you lived in and/or made social security contributions in a country with which Canada has a social security agreement.

Information for Higher Income Seniors

In 2002, pensioners with an individual net income above $57,879 must repay part or all of the maximum Old Age Security pension amount. The repayment amounts are normally deducted from their monthly payments before they are issued. The full OAS pension is eliminated when a pensioner's net income is $98,148 or above.

Other Benefits

Other benefits available through the Old Age Security Program are:

- **Guaranteed Income Supplement** (GIS)
- **The Allowance** *(formally known as the Spouse's Allowance)*
- **The Allowance for the Survivor** *(formally referred to as the Widowed Spouse's Allowance)*

Guaranteed Income Supplement (GIS) — This benefit is a non-taxable, monthly benefit paid to residents of Canada who receive a basic, full, or partial Old Age Security pension, and who have little or no other income. To determine if you qualify for the GIS call 1-800-277-9914. *Remember, to receive the GIS you must re-apply each year by filing an income statement or completing an income tax return.*

HIGH-CREST ENTERPRISES
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Nursing Homes

High-Crest Springhill
Springhill, N.S. 597-2797
Administrator - Conrad LeBlanc

High-Crest Sherbrooke
Sherbrooke, N.S. 522-2147
Administrator - Marion Carroll

High-Crest Place
Elite Residential Care Facility
New Glasgow, N.S.
755-9559
Administrator - Jean Willison, R.N.

Seniors Residential Care Facilities

Highland Crest Home
Antigonish, N.S. 863-3855
Administrator - Mary Beaver

Sunset Haven Home
New Glasgow, N.S. 752-3461
Administrator - Rosalie Parsons, R.N.

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Allowance — This benefit provides a modest income if you have a low income, are 60-64 years old, and are the spouse or common-law partner of an OAS pensioner. The Allowance stops when you become eligible for an Old Age Security pension at age 65, if you leave Canada for more than six months, if there is a change in your marital status, or if you die. *You must re-apply every year for this benefit by filing an income statement or completing an income tax return.*

Allowance for the Survivor — This benefit provides a modest income if you have a low income, are 60-64 years old, and if your spouse or common-law partner has died. The Allowance stops when you become eligible for an Old Age Security pension at age 65, if you leave Canada for more than six months, or if you die.

If your income and/or marital status change, your benefit rate can go up or down, or stop altogether (i.e. you can't qualify if you've remarried or entered a common-law relationship since your partner's death). Remember that you could be entitled to benefits now even if you were turned down in the past. If your benefits are stopped at any point, you should check each year after that to find out if you qualify again. *You must re-apply every year for this benefit.*

Important Notes

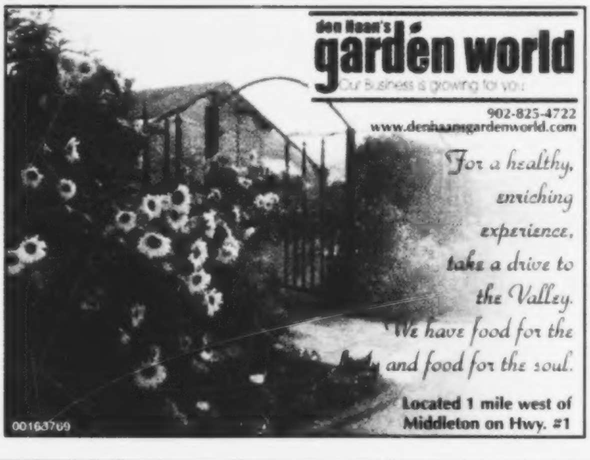
- If you or your partner receive the GIS or the Allowance based on "single" status, you must declare both incomes to calculate your eligibility for GIS and the Allowance. Should you not declare your common-law status, future benefits for these and other Government of Canada programs may be affected.
- The GIS or the Allowances are intended for low-income seniors who live in Canada. They must stop if you leave Canada for a period of more than six months, following the month of your departure. When you return to Canada, you can apply to have your benefits restored.
- Your OAS pension, the GIS, and the Allowances are adjusted every three months for inflation. While the OAS pension is a taxable benefit, you are not taxed on the GIS or the Allowances. If you qualify for these benefits you may also be eligible for other programs or benefits offered by the Province of Nova Scotia.

The OAS program is financed from the Government of Canada's general tax revenues and is administered by Human Resources Development Canada.

For more information, contact:
Toll-free: 1-800-277-9914

Canada Pension Plan (CPP)

This plan offers benefits to people who have contributed to the Canada Pension Plan or to both the Canada Pension Plan and the Quebec Pension Plan. You must apply for these benefits.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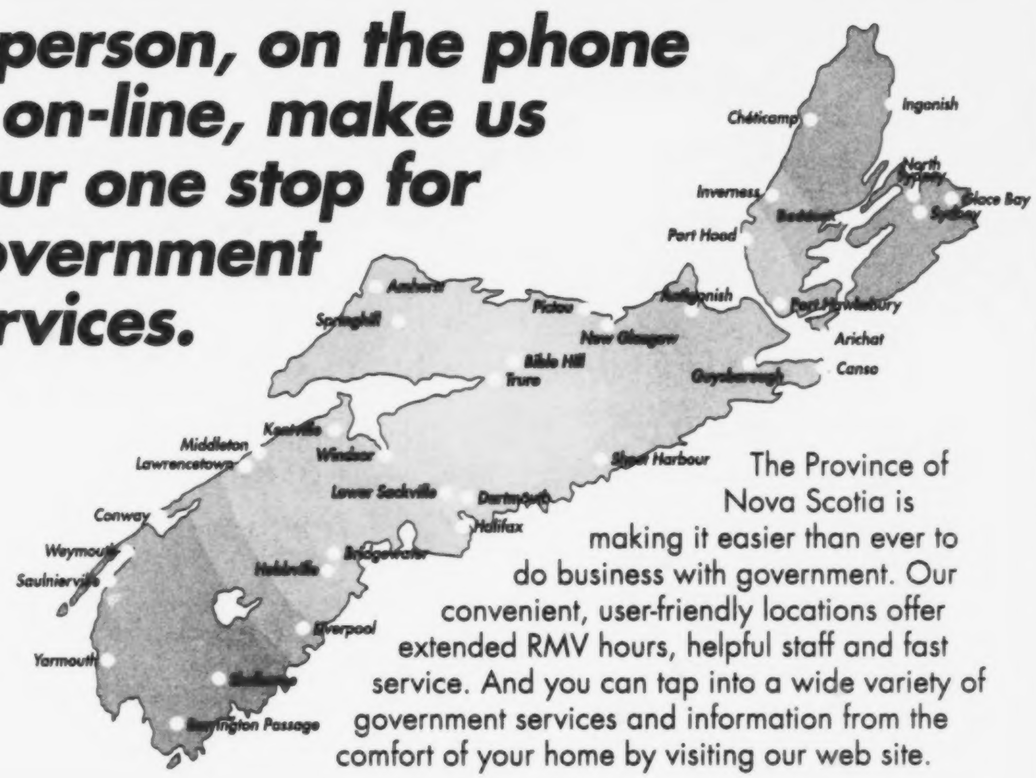
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Ingonish
Inverness
North Sydney
Glace Bay
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Amherst
Antigonish
Springhill
Pictou
Port Hawkesbury
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Arichat
Bible Hill
Truro
Guysborough
Canso
Kentville
Middleton
Lawrencetown
Windsor
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- **Residential Tenancies**
- **Debtor Assistance**
- **Consumer Information**
- **Express Service Kiosks**
- **Veteran Licence Plates**
- **Property Assessment**
- **Driver Licensing and Vehicle Registration**
- **Photo IDs**
- **Birth, Marriage and Death Certificates**

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Call us or visit our web site to find the location nearest to you.

General Enquiries
424-5200 (Metro)
1-800-225-8227 (toll-free)

Registry of Motor Vehicles
424-5851 (Metro)
1-800-898-7668 (toll-free)

www.servicens.ca

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The Canada Pension Plan, which began in 1966, provides benefits when a contributor to the plan retires, becomes disabled, or dies. The amount of the benefit depends on the amount of earnings and contributions to the plan. All Canada Pension Plan benefits are paid out of the CPP fund and are subject to income tax.

Retirement Pension — This is a monthly benefit payable to eligible contributors who are 65 years of age or older. If you are 60–64 years of age, you may receive a reduced benefit, if you are working part-time or have completely ceased working. This benefit will continue even if you return to work at a later date. Once you begin to receive your retirement pension you must stop contributing to the Canada Pension Plan. When you become 65 years of age you do not need to stop work to receive these retirement pension benefits.

Disability Pension -- This is is a monthly benefit payable to eligible contributors who are disabled (according to the terms of CPP legislation), who are under the age of 65, and who have made sufficient contributions to the plan. The Disability Pension includes benefits for dependent children of disabled contributors.

Surviving Spouses' Benefit — This is a monthly pension paid to the spouse of a deceased contributor, if that contributor made sufficient contributions to the plan. The amount of the pension is determined by the deceased's contributions to the plan, the age of the surviving spouse at the time of death, whether there are dependent children or the surviving spouse is disabled.

Death Benefit — This is a lump-sum benefit paid to the estate of the deceased contributor, if contributions were made to the plan for a minimum qualifying period.

Childrens' Benefit — This benefit is paid on behalf of the dependent children of a deceased contributor, if the contributions have been made for a minimum qualifying period. This is a flat-rate benefit.

For more information, contact:

Toll-free: 1-800-277-9914

Veterans Independence Program

Veterans Affairs Canada administers the Veterans Independence Program as part of their benefits available to war veterans. This program offers a variety of home care and home maintenance assistance.

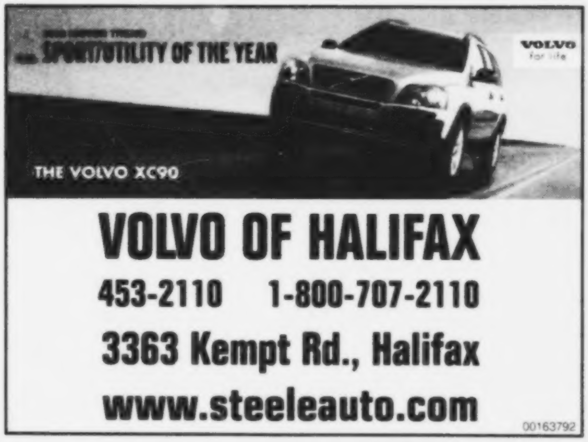
For more information contact:

Cape Breton, Antigonish, and Guysborough Counties

Phone: . . . . (902) 564-7028
Toll-free: 1-800-565-7028

All Other Places in Nova Scotia

Phone: . . . . (902) 426-7931
Toll-free: 1-800-565-0197



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Provincial Financial Aid Programs

Property Tax Rebate Program

This program is designed to help eligible seniors remain in their own homes by providing them with an annual rebate on their municipal property taxes.

The program provides eligible homeowners with a 50 percent rebate on the municipal property taxes paid the previous year, up to a maximum of $400 per year. The rebate in 2003 will be for property taxes paid in 2002.

Eligibility

You are eligible to receive the rebate if you meet the following criteria:

- You were receiving either the Guaranteed Income Supplement (GIS) or The Allowance in January of this year. *To find out if you qualify for the GIS or The Allowance, call Human Resources Development Canada at 1-800-277-9914.*
- You are living in your home at the time you apply for the rebate and continue to reside in the home.
- Your 2002 property taxes were paid in full.

Application Process

Previous Applicants — If you received the property tax rebate last year and were in receipt of the Guaranteed Income Supplement or The Allowance in January 2003, an application form will automatically be mailed to you in June. To receive the rebate, simply complete the application form and return it to the Senior Citizens' Financial Aid Program by December 31, 2003.

New Applicants — To determine your eligibility for the rebate, call the Senior Citizens' Financial Aid Program, toll-free, at **1-877-296-9338**. If you are eligible, an application form will be mailed to you in June 2003. To receive the rebate, simply complete the application form and return it to the Senior Citizens' Financial Aid Program by December 31, 2003.

For more information, contact:
Manager, Senior Citizens' Financial
Aid Programs
5675 Spring Garden Road
Halifax, NS B3J 1H1
Phone: . . . .(902) 424-4500
Toll-free: 1-877-296-9338

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Truro 1-902-897-7355

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Provincial Income Assistance

Funding may be available, on an exceptional basis, to low income seniors who have special needs and no means of paying to have these needs met. To qualify, all other funding sources must be explored including the federal Old Age Security Program and Guaranteed Income Supplement. For more information or to discuss your eligibility, contact the Department of Community Services Field Office nearest you.

Field Offices

Central Region

Cole Harbour	(902) 435-7472
Dartmouth (Portland)	(902) 424-1600
Halifax	(902) 424-4150
Sackville	(902) 869-3600

Eastern Region

Sydney	(902) 563-3300
Glace Bay	(902) 842-4000
North Sydney	(902) 794-5110
Port Hawkesbury	(902) 625-0660

Northern Region

Antigonish	(902) 863-3213
Colchester	(902) 893-5950
Cumberland	(902) 667-3336
Guysborough	(902) 533-4007
Pictou	(902) 755-7363

Western Region

Annapolis	(902) 532-2358
Bridgewater	(902) 543-5527
Digby	(902) 245-5811
Hants	(902) 798-8319
Kings	(902) 678-6176
Queens	(902) 354-2771
Shelburne	(902) 637-2335
Yarmouth	(902) 742-0720

Vital Statistics, Certificates, And Proof of Age

Birth, Marriage, and Death Certificates

If you were born in Canada, you may obtain your birth certificate by writing to the Vital Statistics Branch of the province in which you were born. To request marriage, birth or death certificates within Nova Scotia, contact the Vital Statistics Division of Service Nova Scotia and Municipal Relations. You may go to the Vital Statistics Office in person, or apply in writing.

When you apply for a certificate, you must give the following information: your full name (first, middle and last); the date and place of the event; and, in the case of birth certificates, your parents' full names (including mother's maiden name), and your father's and mother's birth place. You must also state the reason for your request. The fee for each wallet-sized certificate is $20. Applications may be made on-line using Visa or MasterCard.

If you need additional assistance or if you were NOT born in Canada, the Vital Statistics Office may be able to give you information on where to write for a foreign birth certificate.

For more information, contact:
Vital Statistics Office
1690 Hollis Street, PO Box 157
Halifax, NS B3J 2M9

Phone *(Halifax)*:	(902) 424-4381
Toll-free:	1-877-848-2578
E-mail:	vstat@gov.ns.ca
Website:	www.gov.ns.ca/snsmr/vstat

Baptismal Certificates

The church where you were baptized may supply you with a baptismal certificate. If you do not know the specific church, write the central office of your religious denomination. They may have duplicate records.

Proof of Age

Many reductions and benefits are available to seniors. To receive them you are expected to prove your age. Many businesses will accept your Old Age Security (OAS) Identification Card, passport, driver's license, or a general photo ID card, such as the one available from the Registry of Motor Vehicles.

Seniors' Card — OAS

You will receive an Old Age Security (OAS) Identification Card in the mail the same month you receive your first OAS cheque.

For more information, contact:
Human Resources Development Canada
Toll-free *(English)*: 1-800-277-9914
Toll-free *(French)*: 1-800-277-9915

Photo IDs

Service Nova Scotia and Municipal Relations is pleased to offer an identification card service through its Registry of Motor Vehicles offices and the Access Nova Scotia Centres in Kentville, Dartmouth, Halifax, Sydney, Port Hawkesbury, Antigonish, and Yarmouth.

The process is simple. Those wanting a photo ID must present one of the following combinations:

- drivers' licence plus two other pieces of identification
- birth certificate plus two other pieces of identification
- drivers' licence or birth certificate plus one other piece of identification and a statutory declaration

The fee for the service is $14 and the card is valid for five years.

For more information, contact:
Phone *(Halifax)*: . . . . (902) 424-5851
Toll-free: 1-800-898-7668

Passports

Your passport can be used for identification purposes *(see page 39)*.

Taxes

Personal Income Tax

Canadian citizens are required to fill out forms to calculate the amount of taxes they should pay each year. These must be returned to the Canada Customs and Revenue Agency (CCRA), formerly called Revenue Canada.

Depending on your situation and if you filed an income tax return last year, you may receive a personalized income tax package through the mail.

General income tax returns and guides are available from your income tax office or local post office. It is now possible to file your income tax return via the internet.

When calling about your income tax, be sure to have your questions ready and your tax papers handy.

For more information, contact:
Canada Customs and Revenue Agency
Automated Information: .1-800-267-6999
Refund Enquiries: 1-800-959-8281

Income Tax Enquiries: . . .1-800-959-8281
Forms and Publications: .1-800-959-2221
Website: www.ccra-adrc.gc.ca/forms

Caregiver Tax Tips

Seniors are entitled to a number of tax credits including: Basic Personal Credit, Age Credit, Personal Disability Credit, and Credits for Medical Expenses. Caregivers are also entitled to additional tax credits, including: Caregiver Credit, Spousal Credit, Dependent Disability Credit, Spousal Transfer Credit, Eligible Dependent Credit, and Infirm Dependent Credit.

For more information, refer to your tax guide, speak with a financial advisor, or call the Canada Customs and Revenue Agency at **1-800-959-8281**.

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GST Credit

The Goods and Services Tax (GST) Credit is designed to offset the cost of the GST for individuals and families with moderate or lower incomes.

To apply, you must file a tax return and complete the Goods and Services Tax Credit information section on Page 1 of your tax return. If you are eligible, you will receive payments in July, October, January, and April. Only one member of each family unit is eligible to apply.

For more information, contact:
Canada Customs and Revenue Agency

Phone: . . . .(902) 426-3972
Toll-free: 1-800-959-1953
Website: www.ccra.gc.ca/benefits

Community Volunteer Income Tax Program

If you need help completing your income tax return and have limited income, ask Canada Customs and Revenue Agency for a list of the volunteer tax clinics in your area.

The clinics are offered free of charge throughout the province from the end of March to the end of April. If you would like to offer your services as a volunteer, training is provided.

For more information, contact:
Toll-free: 1-800-959-8281

When You Retire

This pamphlet highlights tax topics of importance to retirees. To obtain a copy, call Canada Customs and Revenue Agency at 1-800-959-2221.

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Legal Matters

Department of Justice

The Nova Scotia Department of Justice is committed to the fair and effective administration of justice.

For more information, contact:

5151 Terminal Road
PO Box 7
Halifax, NS B3J 2L6
Phone: . . . .(902) 424-4030
Website: www.gov.ns.ca/just

Legal Information Society of Nova Scotia

The Society helps Nova Scotians find out about the law. Information and resources are available on such topics as wills, family and criminal law, powers of attorney, guardianship, and many other legal topics. The Society also supplies legal pamphlets and operates a speakers bureau. A *Seniors and the Law* information kit is available for purchase from the society. Single copies of the following pamphlets are available free of charge from either the Society at **454-2198** or Senior Citizens' Secretariat at **1-800-670-0065**. They are also available on the Society's website.

- *Patients' Rights*
- *The Public Trustee*
- *Elder Abuse – The Adult Protection Act*
- *Living Wills*
- *Making a Will*
- *When You Need Help to Manage in Your Home*
- *Collection Agencies*
- *Consumer Reporting Agencies*
- *Guardianship of Adults*
- *Power of Attorney*
- *Homes for Special Care*

For more information, contact:

5523B Young Street
Halifax, NS B3K 1Z7
Phone: . . . .(902) 454-2198
E-mail: lisns@attcanada.ca
Website: www.legalinfo.org

Legal Information Line and Lawyer Referral Service

The Legal Information Society operates a legal information line and lawyer referral service. Legal information is available from 10:00 am to 3:00 pm Monday to Friday and 5:00 pm to 7:00 pm Tuesday and Wednesday evenings, from September till June.

For more information, contact:

Phone: . . . .(902) 455-3135
Toll-free: 1-800-665-9779

Dial-A-Law

This service, managed by the Legal Information Society, provides general information, 24 hours a day, on a wide variety of topics using brief tape-recorded messages. Although the service is free, long distance charges apply if you live outside the Halifax calling area. Lawyers throughout the province volunteer their time to review the information to keep it up to date.

To use this service, contact:

Phone: . . . .(902) 420-1888

The Law and Older Nova Scotians

This publication, published by Canadian Pensioners Concerned (CPC), is a handbook of federal and Nova Scotia law and other related issues of interest and importance to Nova Scotia seniors.

For more information, contact:
Joan Lay, President, CPC
Starlite Gallery, Suite 325
Bayers Road Shopping Centre
7071 Bayers Road
Halifax, NS B3L 2C2
Phone: . . . .(902) 455-7684
. . . .(902) 477-5151
E-mail: cpc@ns.sympatico.ca
Website: www3.ns.sympatico.ca/cpc

Public Trustee

The Public Trustee is a lawyer named by the provincial government to help adults and children who are unable to look after their financial affairs. The Public Trustee serves several functions, including:

- Managing the estates of people who need someone they can trust to handle their finances. In some cases the Public Trustee will help locate a friend or relative willing to act on an individual's behalf. In other cases the Public Trustee may decide it is appropriate for a bank or trust company to handle their affairs.
- Administering the estates of a person who has died without leaving a will or where there is a will but the executors or next of kin cannot or will not act.
- Consenting to medical or surgical treatment of a mentally incompetent hospital patient when consent cannot be obtained from the patient's guardian, spouse, or next-of-kin.

Fees for services are based on a percentage of the value of a person's estate. There is a minimum fee of $100 a year.

For more information, contact:
Public Trustee of Nova Scotia
PO Box 685
5151 Terminal Road, Suite 201
Halifax, NS B3J 2T2
Phone: . . . .(902) 424-7760

Finding a Lawyer

Lawyers are listed in the yellow pages of the phone book in alphabetical order and under areas of practice.

Nova Scotia Legal Aid

Legal aid may be granted to a person on social assistance or in an equivalent financial position where there is merit in providing legal assistance in certain areas of family and criminal law. There are 13 regional offices and three sub-offices in the province. For the Nova Scotia Legal Aid Office nearest you, refer to the government section of your telephone directory, under the heading of *Legal Aid*.

For more information, contact:
Office of the Executive Director
401-5475 Spring Garden Road
Halifax NS B3J 3T2
Phone: . . . .(902) 420-6573
E-mail: nsla.exec@ns.sympatico.ca
Website: www.gov.ns.ca/just/legad.htm

Dalhousie Legal Aid

Dalhousie Legal Aid provides legal services to clients in the Halifax/Dartmouth metropolitan area who fall within its financial and case eligibility requirements. Dalhousie Legal Aid is affiliated with the law school of Dalhousie University.

For information contact:
Reception, 2209 Gottingen Street
Halifax, NS B3K 3B5
Phone: . . . .(902) 423-8105

Small Claims Court

This court provides a quick, informal, and cost-effective method for deciding claims up to $10,000 (not including interest). If you are making a claim, neither you nor the person whom the claim is against will need a lawyer. Small Claims Court is less formal than other courts. The case is heard by an adjudicator, not a judge. The adjudicator is a lawyer. Small Claims Court is usually held in the evenings.

You can make a claim for up to $10,000 or for the return of goods valued up to $10,000. If your claim is for more than that, you can forego the extra and claim for $10,000. You cannot use this court for matters dealing with ownership of land, wills, landlord and tenant disputes, or for malicious prosecution, false imprisonment, or defamation (libel and slander). To start an action, you need to file a *Notice of Claim*. This form is available from the Small Claims Court. Fees range from $75 to $150 depending on the amount and type of your claim.

Contact the clerk of the Small Claims Court nearest you for more information. The telephone number can be found in the government section of your telephone directory, under the heading of *Courts*.

This fall get your flu shot.
It could save your life!

Did You Know?

Nova Scotia has the highest proportion of seniors in Atlantic Canada and the third highest in the country, behind Saskatchewan and Manitoba.

Human Rights

Nova Scotia Human Rights Commission

The Commission is an independent government body charged with the administration of the province's Human Rights Act which protects Nova Scotians from discrimination.

The Commission's services include:

- Providing free information on a confidential basis to people who believe they may have experienced discrimination.
- Investigating complaints of discrimination.
- Providing education and information programs on diversity and stopping sexual harassment.
- Consulting with organizations to help them set up their own policies and programs.

The Commission has offices in Halifax, Sydney, Digby, and New Glasgow.

For more information, contact:
6th Floor, Joseph Howe Building
1690 Hollis Street
PO Box 2221
Halifax, NS B3J 3C4

Phone:	(902) 424-4111
Toll-free	1-877-269-7699
E-mail:	hrcinquiries@gov.ns.ca
Website:	www.gov.ns.ca/humanrights

Did You Know?

Just under three in twenty (13.7%) of Nova Scotians are aged 65 years or older. This amounts to 129,000 seniors out of a provincial population of 944,000.

Consumer Information

Better Business Bureau of the Maritime Provinces Inc.

The Bureau receives, investigates and acts upon valid complaints about improper advertising and selling of merchandise and services. It will give you information on the business practices of companies that deal with the public. Their CAMVAP program helps consumers resolve disputes with automobile manufacturers. You can also ask for educational materials and information about the marketplace. *Hours:* Weekdays, 10:00 am–3:00 pm.

For more information, contact:
Shirley Anne Booth
1888 Brunswick Street, Suite 601
Halifax, NS B3J 3J8

BBB Online:
(24-hour automated voice response system)
Phone *(Inquiries)*: ...... (902) 422-6581
Phone *(Complaints)*: .... (902) 422-6582
Phone: .... (902) 422-6583
(Charity and False Advertising Inquiries)
E-mail: bbbmp@bbbmp.ca
Website: www.bbbns.com/bbbns

Concerns about Businesses

If you are concerned that the person or business you are dealing with is not licensed or providing adequate service, contact Service Nova Scotia and Municipal Relations.

This government department is responsible for examining and licensing many business people, including real estate agents, collection and insurance companies, cemetery and funeral services, direct sellers, and mortgage brokers and lenders. Consumer complaints about the practices of licensed individuals are carefully investigated, particularly those related to trust monies.

For more information, contact:
Phone *(Halifax)*: .... (902) 424-5200
Toll-free: 1-800-670-4357

Concerns about Financial Institutions and Revenue

If you are concerned about the business practices of financial institutions such as trust and loan companies, credit unions and insurance companies, or agents, contact the Department of Environment and Labour, Financial Institution Division.

For more information, contact:
Phone: .... (902) 424-6331
Toll-free: 1-800-670-4357
Website:
www.gov.ns.ca/enla/fin/fininst.htm

Concerns About Investments

The Nova Scotia Securities Commission is mandated to protect investors from practices and activities that tend to undermine their confidence in the fairness and efficiency of securities markets. The Commission also fosters the process of capital formation in situations that are not inconsistent with an adequate level of investor protection.

Call the Commission for a free copy the brochure, *Protecting Your Finances: How To Avoid Investment Fraud and Scams.*

For more information, contact:
Nova Scotia Securities Commission
Joseph Howe Building
2nd Floor, 1690 Hollis Street
PO Box 458, Halifax, NS B3J 2P8
Phone: .... (902) 424-7768

Website: www.gov.ns.ca/nssc

Debtor Assistance

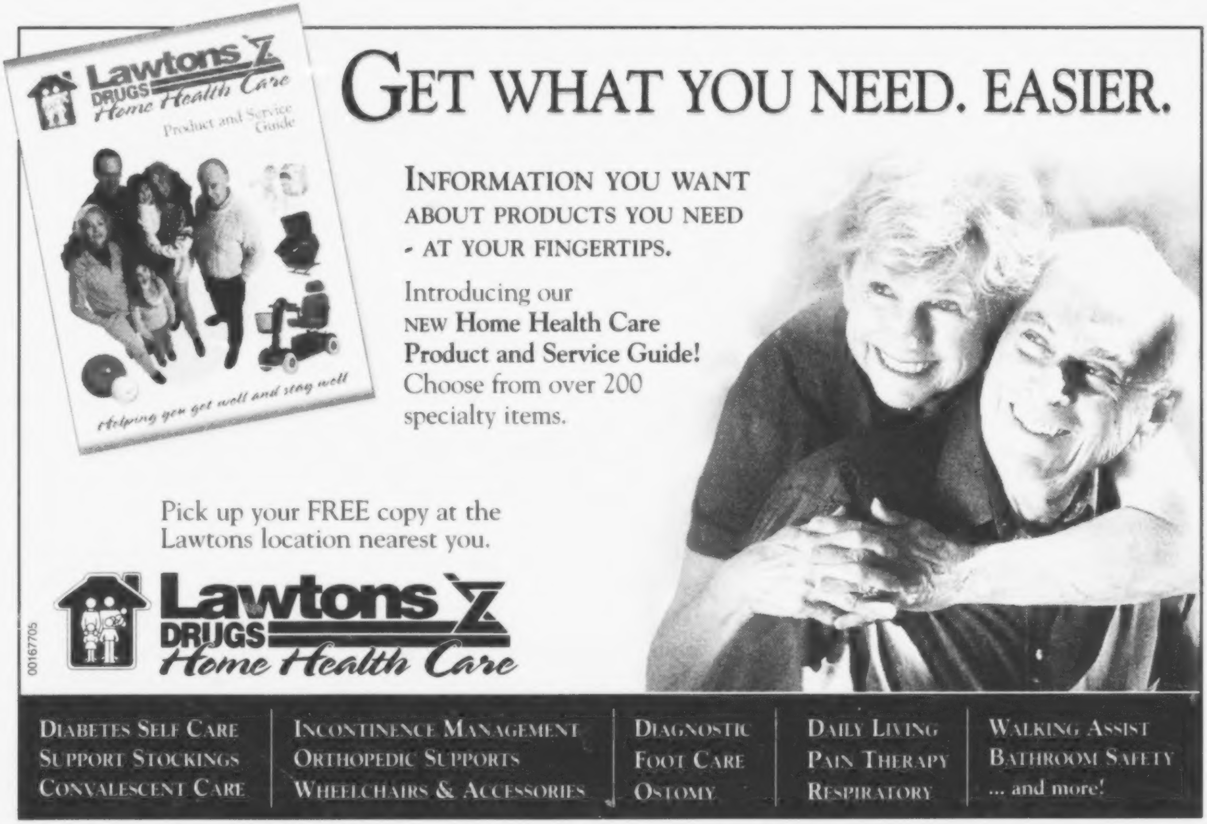
This service provides financial counseling and assistance for the orderly payment of debt under provisions of the Bankruptcy Act. These provisions make it possible for you to repay your debts over three to five years, while freezing interest costs at five per cent. You may also be provided with flexibility in restructuring debt through consumer proposals under the Bankruptcy Act.

For more information, contact:
Service Nova Scotia and
Municipal Relations
Phone: . . . .(902) 424-5200
Toll-free: 1-800-670-4357
Website: www.gov.ns.ca/snsmr

Nova Scotia Office of the Ombudsman

When necessary, the Office of the Ombudsman provides an independent, impartial, and unbiased investigation into complaints against provincial and municipal government departments, agencies and officials. It is an office of last resort and as such will only formally investigate a complaint if a person has taken advantage of all avenues of appeal and/or redress available to them.

For more information, contact:
PO Box 2152
Halifax, NS B3J 3B7
Phone: . . . .(902) 424-6780
Toll-free: 1-800-670-1111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Helping you get well and stay well

Residential Tenancies and Consumer Complaints

Tenancy complaints between landlords and tenants are mediated by Service Nova Scotia and Municipal Relations. Issues dealt with may involve the return of security deposits, unpaid rent, the condition of an apartment, discontinuance of services, or other problems. Call today for information or a copy of the *Tenancy Guide*—an easy-to-use guide for landlords and tenants that covers questions about renting residential properties.

Condominiums are also registered with the department. If you have a concern about the declaration, by-laws and rules governing your condominium unit, contact the department for assistance.

For more information contact:
Service Nova Scotia and Municipal Relations
Phone: . . . .(902) 424-5200
Toll-free: 1-800-670-4357
Website: www.gov.ns.ca/snsmr

Insurance

Overview

Hints for Consumers — Because of the importance of insurance in our lives, before you purchase insurance, you would be wise to consult with a qualified insurance agent or broker who is able to assess your needs and give you advice on how to meet those needs. Regardless of the type of insurance you are purchasing, it can pay to shop around. Obtain quotations from a number of insurance providers and compare both the coverage and the price.

Life Insurance — For many people, the major obstacle to purchasing life insurance is the existence of medical problems. In some cases seniors have health conditions that would result in denial of application for life insurance. Some companies will issue policies with a moderate amount of life insurance, say $25,000, to anyone regardless of health conditions. Life insurance is also available through most funeral homes to fund a pre-arranged funeral.

Home Insurance — Seniors who own homes or condominiums or who live in rented premises should have their property insured.

Automobile Insurance — Contact the Senior Citizens' Secretariat's toll-free Seniors' Information Line at **1-800-670-0065** for a copy of their free brochure, *Focus on Automobile Insurance*.

Health Insurance — Health insurance plans cover some of the health benefits not provided by your provincial health care program, such as semi-private hospital rooms, ambulance benefits, and vision care. Dental insurance is also available.

Travel Health Insurance — Travellers would be wise to purchase travel health insurance if they are leaving Canada—even for just a few hours. You may even consider purchasing it when you travel to another province, since some health services, such as ambulance fees, are not covered. Travel health insurance policies are available from a number of sources, including insurance agents or brokers and travel agents.

Office of the Superintendent of Insurance

The Office supervises the business of insurance in the province and enforces the Insurance Act. It licenses all insurers operating in the province and all insurance agents/brokers, agencies, and adjusters. The Superintendent has the authority to take disciplinary actions if the Act is not followed.

The Office responds to complaints, enquiries, or information about insurance matters, but it does not settle insurance claims.

Also available from the Office is a copy of the brochure, *A Consumer's Guide to Buying Auto Insurance.*

For more information, contact:
PO Box 2271
Halifax, NS B3J 3C8
Phone: . . . .(902) 424-6331
E-mail: fininst@gov.ns.ca

Insurance Bureau of Canada (IBC)

The Bureau is the national trade association of insurance companies whose members insure the homes, cars, and businesses of Canadians.

For more information, contact:
IBC Atlantic Provinces
1969 Upper Water Street, Suite 1706
Halifax, NS B3J 3R7

Phone:	(902) 429-2730
Toll-free:	1-800-565-7189
Website:	www.ibc.ca

Canadian Life and Health Insurance Association

The Association represents the collective interests of insurance companies whose members provide life and health insurance. Contact the Association's Consumer Assistance Centre for information and brochures. The Centre can also help you resolve concerns and complaints or help you locate the lost policies of a recently deceased family member.

For more information, contact:

Toll-free:	1-800-268-8099
E-mail:	CAC@clhia.ca
Website:	www.clhia.ca

Insurance Providers

Refer to the yellow pages of your telephone directory for local information on insurance providers.

Safety and Security

Be Aware!

A big issue for many seniors is safety — both physical and financial. Many organizations are available to help keep you safe but your best defense is your own common sense and knowledge about how to protect yourself.

The Senior Citizens' Secretariat has many brochures and videos on seniors' safety. For more information call the toll-free Seniors' Information Line at **1-800-670-0065**.

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Fax (902) 865-3582

Some of Your Government Representatives

John Holm
MLA

Sackville-Cobequid

51 Cobequid Rd. Site 105,
Lr. Sackville B4C 2N1

Phone 864-0396
Fax 864-8409

E-mail: hokaybel@ns.sympatico.ca

Jon Carey
MLA

Kings West

P.O. Box 71
Aylesford, N.S.
B0P 1C0

Ph. 847-0298
Fax 847-0297

Email: jon.carey@ns.sympatico.ca

John Chataway
MLA

Chester - St. Margaret's

Constituency Office:
76 highway #3, Hubbards
9:00am - 2:00pm
Monday - Friday

Ph. 857-5646
Fax 857-5648
Toll Free 1-877-762-2886

Email: chatawaymla@hfx.eastlink.ca

Hon. Gordon Balser
MLA

P.O. Box 1827
Digby, N.S. B0V 1A0

Ph: 902-245-2220
Fax: 902-245-1946

Email: Gordon.D.Balser-MLA@ns.sympatico.ca

John MacDonell
MLA

Hants East

202 Highway #2
Unit 5 P.O. Box 330
Enfield, N.S. B2T 1C8

Ph. 883-7308
Toll Free
1-888-827-2212
Fax 883-7627

E-mail: john.macdonell@ns.sympatico.ca

Kerry Morash
MLA

Queens

212 Main St.
P.O. Box 1750
Liverpool, N.S.
B0T 1K0

Ph. (902) 354-3538
Fax (902) 354-2851

E-mail: kgmorashmla@auracom.com

Michel P. Samson
MLA

Richmond

Richmond Industrial Mall
2nd Floor, P.O. Box 57
Louisdale, N.S. B0E 1V0

Ph. (902) 345-0778
Fax (902) 345-0779

E-mail: michelpsamson@auracom.com

Bill Estabrooks
MLA

Timberlea - Prospect

1492 St. Margarets Bay Rd.
BLT Recreation Centre
Lakeside, B3T 1B3

Ph. 876-2472
Fax 484-5607

Email: billestabrooks@navnet.net

Mary Ann McGrath
MLA

Halifax Bedford Basin

S-202, 264 Bedford
Highway,
Halifax, NS B3M 2K7

Ph. 445-7177
Fax 445-7178

Email: mcgratma@gov.ns.ca

Barry Barnet
MLA

Sackville-Beaver Bank

957 Sackville Drive
Lr. Sackville, NS B4E 1S2

Ph. 864-8669
Fax 864-8781

Email: barnetbe@gov.ns.ca

Muriel "Fluff" Baillie
MLA

Pictou West

12 Water Street
PO Box 1917
Pictou, NS B0K 1H0

Ph. 485-5868
Fax 485-5415

Email: mbaillie@north.nsis.com

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Some of Your Government Representatives

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Halifax Regional
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Maureen MacDonald

MLA

Halifax Needham

Bloomfield Ctr.
2786 Agricola St.
Suite 201, Hfx., N.S.

Ph. 455-2926
Fax 455-3929

E-mail: macdonma@gov.ns.ca

Jerry Pye

MLA

Serving the people of Dartmouth North

NDP Critic for Seniors Community Services, Housing and Municipal Affairs and the Disabled Persons Commission

461-6111 Fax 461-1895
jpye@ns.sympatico.ca 25 Crystal Drive B3A 4L3

Darrell Dexter

Leader of the Opposition
NDP

Leader's/Caucus Office:
Phone: 424-4134 Fax: 424-0504
Toll Free: 1-888-247-0448

MLA, Dartmouth- Cole Harbour
975 Cole Harbour Rd.
Dartmouth, NS B2V 1E8
Phone: 462-5300
Fax: 462-5306

E-mail: ndpcaucus@gov.ns.ca
www.ndpcaucus.ns.ca

David Hendsbee

MLA
Preston

Constituency Office:
#3288-#7 Hwy., Unit 2
Lou's Mini Mall
Lake Echo, N.S.
B3E 1C6

Ph. (902) 829-2465
Fax (902) 829-3620
www.hendsbee.ns.ca

Geoff Regan

MP

Halifax West

1496 Bedford Highway
Suite 222, Bedford, N.S.
B4A 1E5

Ph. (902) 426-2217
Fax (902) 426-8339

Email: regan.g@parl.gc.ca
www.geoffregan.com

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Elder Abuse

Overview — Elder abuse is the neglect and/or physical, psychological, financial or sexual maltreatment of an older adult. Abuse can occur in a family home, hospital, nursing home or anywhere in the community. If you or someone you know has been abused there are people who can help.

Protection for Vulnerable Adults — In Nova Scotia, the Adult Protection Act protects vulnerable adults from abuse and neglect. More information about adult protection is featured on page 106. For more information or to make a referral, call the toll-free Continuing Care Line at **1-800-225-7225**.

Information and Referral — Local senior centres and the Senior Citizens' Secretariat can help you find the assistance you need. Call the Seniors' Information Line at **1-800-670-0065**.

Senior Support Network

The Network is an elder abuse peer support program of VON Annapolis Valley Branch. It provides ongoing support, advocacy, and information to older persons who have been abused or neglected by another person or victimized by a crime such as fraud, robbery, or assault.

The Network serves residents of Kings County and is coordinated by a registered social worker and supported by a group of dedicated, trained volunteers. Education sessions on abuse and neglect are also offered. Contact the Network for help, information, or to offer your services as a volunteer.

For more information, contact:
Pam McKinley, Coordinator
Phone: . . . .(902) 690-2123
Toll-free: 1-800-494-6135
E-mail: seniorsupport@vonannvalley.ns.ca

Criminal Injuries Counseling Program

If you have been the victim of a violent crime (including home invasion) in Nova Scotia, you may be eligible for paid professional counseling services to help you deal with the trauma resulting from the crime.

For more information, contact:
Department of Justice
Victims' Services Division
Phone: . . . .(902) 424-2056
Toll-free: 1-888-470-0773

Prevention of Frauds and Other Crimes

Senior's Universal Safety Net

Safety Net gives seniors up-to-date information on crime prevention and crime-prevention techniques. Informative presentations on a variety of topics are available, including:

- *Money Matters* – how to protect your money
- *ABC's of Fraud* – how to become a tough target against fraud
- *Home and Personal Safety* – how to protect yourself and your home.

The presenters are trained senior volunteers with expertise. This service is sponsored by Canadian Pensioners Concerned Nova Scotia, in partnership with the Halifax Regional Police, and Scotiabank.

All presentations are free of charge to interested seniors' groups.

For more information, contact:
Pat Baker, Coordinator
Phone: . . . .(902) 455-7684
. . . .(902) 454-7989
E-mail: cpc@ns.sympatico.ca
Website: www3.ns.sympatico.ca/cpc

Partners Against Consumer Telefraud (PACT)

This program, sponsored by a partnership of government and non-government organizations, addresses the problem of telemarketing fraud.

PACT focuses on educating seniors about telefraud. It also suggests ways to report suspected telefraud activities. Victims of telemarketing fraud in Nova Scotia lose more than $4,000 per incident. Many of these victims are seniors.

If you think you have been approached by a telemarketing fraud firm, or feel you may be a victim, call:

- Your local police service
- Better Business Bureau of Nova Scotia
  Toll-free: 1-800-422-5413
- PhoneBusters
  Toll-free: 1-888-495-8501

For a copy of PACT's information brochure, call the toll-free Seniors' Information Line, at **1-800-670-0065**.

RCMP Seniors' Safety Program

This program invites you to talk to an RCMP representative in your own home about your safety concerns. It offers a way for seniors and the RCMP to work together to help prevent crime and keep communities safe.

Through this program you can receive information on personal safety and household security, consumer frauds and scams, health and medication safety, and general information on the legal system. The program is free of charge.

For more information, contact:
Annapolis County RCMP
Sharon Elliott
Box 340
Bridgetown NS B0S 1C0
Phone: . . . .(902) 665-4481
(902) 825-2000
(902) 638-8825

Digby RCMP
Brenda Lewis
Digby NS
Phone: . . . .(902) 245-2579

Enfield RCMP
Dolly Mosher
Enfield, NS
Phone: . . . .(902)883-1569

Fall River RCMP
Stuart Hogg
Fall River, NS
Phone: . . . .(902) 860-4362

Kings County RCMP
New Minas, NS
Pam Hill
Phone: . . . .(902) 679-5555

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Voice Mail: . . . .(902) 681-0048
Phone: . . . .(902) 826-3100

Pictou County RCMP
Barbara Dewtie
Stellarton, NS
Phone: . . . .(902) 396-3855

Queens County RCMP
Dale Saulnier
Liverpool, NS
Phone: (902) 354-5721

Hants County RCMP
Windsor
Bonnie Cookson
Windsor, NS
Phone: . . . .(902) 798-2207

Telephone Contact Programs

Telephone contact programs are available in various Nova Scotia communities to ensure seniors who live alone have regular contact with others. If you would like to participate, contact the program nearest you.

> ***Did You Know?***
>
> In 2025, seniors will make up nearly one-quarter (23.9%) of Nova Scotia's population.

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First Aid training
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1-877-356-3226
Canadian Red Cross
YES YOU CAN! Save A Life
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Seniors Check-In Program (Bridgewater)

This new service is just getting underway.

For more information, contact:
Constable Rob Lewis
Bridgewater RCMP
Phone: . . . .(902) 527-5555

Senior Contact Program (Cape Breton Regional Municipality)

This service provides regular telephone contact with participants on mutually agreed upon days and at predetermined times. It is available to seniors and disabled residents of Cape Breton.

For more information, contact:
Cape Breton Regional Police Service
Whitney Pier Community Office
Phone: . . . .(902) 564-8416

Are You OK? Program (Halifax Regional Municipality)

If you are a senior and feel you would benefit from daily telephone contact, this program is for you, particularly if you live alone in the Halifax, Dartmouth, or Bedford area.

Are You OK? is a computer automated telephone reassurance system that contacts subscribers once each day. Simply answering your phone will assure those who manage the program that you are OK.

Are You OK? is sponsored by Canadian Pensioners Concerned Nova Scotia and the Halifax Regional Police.

For more information, contact:
Are You OK?
Halifax Regional Police
Phone: . . . .(902) 490-5410

Northwood Telecare

This service offers a reassuring daily phone call to seniors or medically-at-risk people who live alone. If there is a problem, a family member or friend can be notified. The service is offered to individuals in Halifax Regional Municipality.

For more information, contact:
Phone: . . . .(902) 421-6387

Emergency Response Systems

Family 1st Medical

Medical personal alarm systems to allow seniors to stay safely in their own homes are available from Family 1st Medical. The system gives the user and their family peace of mind knowing that help is available at the push of a button. Family 1st's emergency telephone system is on guard seven days a week, 24 hours a day. *Fees:* From $1.16 a day plus a one-time installation and instruction fee of $25. A free brochure and demonstration is available.

For more information, contact:
Brad Corbin
Toll-free: 1-800-565-2021
E-mail: bcorbin@family1stmedical.ns.ca

Northwood Lifeline

This personal emergency response service provides 24-hour service. At the push of a button, you are placed in immediate voice contact with a response centre that has all of your emergency information and will call for the help you need. Lifeline is offered to communities in Nova Scotia through a network of volunteer organizations.

Lifeline provides peace of mind to seniors, to people who are medically at risk, and their families. The cost is a little more than a dollar a day.

Lifeline With Reminders — At no additional cost, this Lifeline telephone can be programmed to give you up to six reminder messages. This feature has many uses including reminding you to take medications, keep appointments, exercise, eat meals, and participate in social events. A free brochure or demonstration is available.

For more information, contact:
2615 Northwood Terrace
Halifax, NS B3K 3S5
Phone: . . . .(902) 492-3346
Toll-free: 1-800-461-3346
E-mail: lifeline@nwood.ns.ca
Website: www.nwood.ns.ca

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Lifeline is available throughout Nova Scotia
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Northwood Homecare Ltd.

With Lifeline, the touch of a button connects you with a caring Lifeline operator who will get you the help you need, when you need it.

00160872

Medic Aid Response Systems

This service offers a variety of equipment to help seniors maintain their independence and safety. Medic Aid's medical alarms can be installed within 24 hours. Medic Aid's emergency monitoring station offers 24-hour service. It calls emergency services into action within seconds of receiving a signal from the customer. You can order a wrist unit or a waterproof pendant. *Fee:* $30 per month plus tax for non-voice units, $34 per month for voice units (taxes not included). *Installation charge:* $25 plus tax.

For more information, contact:
Greg Lambert, President
Suite 201, 3681 Kempt Road
Halifax, NS B3K 4X6
Phone: . . . .(902) 454-8877
Toll-free: 1-800-565-9135
E-mail: medicaid@ns.aliantzinc.ca
Website: www.MedicAid-Canada.com

Emergency Medical Information

Vial of Life

The Vial of Life provides emergency medical personnel with vital and perhaps lifesaving medical information about you if they are called your home and find you unconscious or very ill.

The vial is a small plastic container. It contains a specially designed form on which you record medical information such as your name, medical history, allergies, medications, blood type, and a contact person. The vial is kept inside your fridge and a Vial of Life magnet is placed on the outside of your fridge to alert emergency personnel to your vial.

Thanks to the efforts of local sponsors, the Vial of Life kits are now available free of charge in many communities. To find out who to contact in your area, call the Senior Citizens' Secretariat's toll-free Seniors' Information Line at **1-800-670-0065**.

MedicAlert and Canadian Medic Alert Foundation

MedicAlert gives first-responders and health-care professionals instant access to a member's personal and medical information in an emergency.

The lifetime service offers you the following items: a customized bracelet or necklet inscribed with your ID number; a 24-hour emergency hotline available in over 100 languages, anywhere in the world; a computerized member record; and a wallet card.

MedicAlert cannot be purchased in retail outlets. Enrollment forms can be found in doctor's offices, clinics, pharmacies and hospitals, or on the MedicAlert website. You can also call the national office and enroll by phone

For more information, contact:
Canadian MedicAlert Foundation
19 Oakhill Drive
Halifax, NS B3M 2V3
Phone: . . . .(902) 443-9600
Toll-free: 1-800-668-1507 *ext.*3304
E-mail: quantum@hfx.eastlink.ca
Website: www.medicalert.ca

Nova Scotia Emergency Measures Organization

This government agency is responsible for providing a prompt and coordinated response to emergencies. Seniors may be interested in the following self-help brochures designed to help you and your family prepare for emergencies:

- *Be Prepared Not Scared*
- *Floods ... What to Do Before and After*
- *Winter Power Failures*
- *Severe Storms*
- *Prepared for the Woods*
- *Winter Driving ...You, Your Car and Winter Storms*

For more information, contact:
PO Box 2581
Halifax, NS B3J 3N5
Phone: . . . .(902) 424-5620
Website: www.gov.ns.ca/emo

Housing

Housing Services, Department of Community Services

Housing Services is responsible for provincial housing initiatives including program delivery, social housing operation, and residential land development. Services are provided through four regional offices and seven housing authorities.

Contact information for the Regional and District Housing Offices can be found on page 80. Housing Authorities are listed on page 81.

Programs for Seniors — Details on programs which may be of specific interest to seniors can be found under these headings:

- **Home Improvement Grants and Loans**
- **Seniors' Apartments (public non-profit housing)**
- **Seniors' Enriched Housing**

For more information, contact:
Housing Services – Head Office
PO Box 696
Halifax, NS B3J 2T7
Phone: . . . .(902) 424-3280
Website: www.gov.ns.ca/coms/hous

Home Improvement Grants and Loans

The following home improvement grants and loans programs may help low income seniors to maintain their homes:

- Access-A-Home Program
- Emergency Repair Program
- Family Modest Housing Program
- Home Adaptations for Seniors' Independence
- Parent Apartment Program
- Provincial Housing Emergency Repair Program
- Residential Rehabilitation Assistance Programs
- Senior Citizens' Assistance Program
- Small Loans Assistance Program

For more information or to apply for a home-improvement grant or loan, contact the Regional or District Housing Office nearest you, as listed on page 80.

Access–A–Home Program

Funds are available to adapt existing housing units to suit persons who use wheelchairs. Grants up to $3,000 are available to those who qualify.

Emergency Repair Program (ERP)

This program helps eligible homeowners or occupiers in rural areas to undertake emergency repairs required for the continued safe occupancy of their houses.

Eligibility — To qualify, you must live in a rural area, your house must require urgent repairs so that you can continue to live in it safely, and your total household income must be below the established income ceiling.

Eligible repairs include: heating systems, chimneys, doors and windows, foundations, roofs, walls, floors, and ceilings, vents, plumbing and electrical systems. Funds are for the purchase and shipping of materials and for contracted labour. Funds available do not have to be repaid and the amount depends on the cost of the repairs and where you live.

Family Modest Housing Program

This program provides funds to lower and middle income families for the construction or purchase of modest housing or the renovation of existing owner occupied units.

Home Adaptations for Seniors' Independence (HASI)

HASI is a federal/provincial cost-shared program designed to assist low-income seniors who have difficulties with daily living activities in the home. It provides financial assistance to home owners and landlords for carrying out minor home adaptations. The assistance is in the form of a forgivable loan and the maximum amount available is $2,500. The forgivable loan is secured with a promissory note and the loan is forgiven during the 6 month forgivable period.

Items such as handrails in hallways and on stairs, easy-to-reach work and storage areas in the kitchen, lever handles on doors, walk-in showers with grab bars, and bathtub grab bars and seats are examples of adaptions that can be made.

Parent Apartment Program (PAP)

This program offers low interest loans, to a maximum of $25,000, to create affordable housing accommodation for senior family members by additions, alterations, or renovations to a single family dwelling, or the purchase of a garden suite.

Eligibility — Up to 550 square feet of space can be renovated or added on. The loan must be secured by a first or second mortgage. The interest rate is six percent with a repayment term of not more than 10 years.

To qualify, a parent must be 50 years of age or older, with a combined annual income of $20,000 or less. The home must be the applicant's or parent's principal residence. Outstanding charges on the property must not exceed 90 percent of market value after completion of the new unit.

Provincial Housing Emergency Repair Program (PHERP)

This program provides funds to assist persons of low income households who cannot afford to carry out emergency repairs on their homes. A grant up to $2,500 is provided for labour and materials and taxes.

Eligibility — To qualify you must own and live in the single family home you wish to renovate. Your gross family income must not exceed $14,000 and the needed repairs must be related to the housing unit and be permanently installed.

Primary consideration is given to repairs related to health and safety standards, eg. wiring, roofs, septic tanks, wells. Repairs for cosmetic purposes are not covered. This grant does not have to be repaid.

Residential Rehabilitation Assistance Program (RRAP)

This federal/provincial cost-shared program offers financial assistance to low income households who own and occupy substandard housing, to enable them to repair their dwellings to a minimum level of health and safety.

Financial assistance is also available to landlords of affordable housing for mandatory repairs to self-contained units occupied by low-income tenants. Similar assistance is available to homeowners and landlords for alterations required to accommodate the needs of a disabled occupant.

Loans are available in amounts up to $12,000 forgivable and $6,000 repayable over a five year period for homeowners, and up to $18,000 per unit for landlords, forgivable over a period of up to 15 years.

Eligibility — Homeowners may qualify if the value of their house is below a specific figure, and if their household income is below established ceilings.

RRAP is limited to properties lacking basic facilities or in need of major repair.

Landlords may qualify if the units/rooms being modified have pre- and post-RRAP rents at or below the median market rent for the local area. In addition, the property must lack basic facilities or require major repairs. The units must be rented to people with incomes within certain limits. Landlords may also qualify if they are modifying a unit to suit a person with a disability.

Senior Citizens' Assistance Program (SCAP)

This program provides funds to help seniors carry out emergency repairs to their homes. A maximum of $3,000 may be available. Assistance may be provided to qualifying seniors who wish to remain in their own homes but are unable to afford the repairs required to allow them to do so.

Eligibility — The client or spouse must be 65 years of age or over, have a combined annual income of $20,000 or less, own and reside in the dwelling for which the application is made, and not have received previous assistance. Additionally, the dwelling must be the principal residence of the applicant and be a single family unit such as a detached or semi-detached unit, mobile home, or unit of row housing.

Small Loans Assistance Program (SLAP)

This program provides low interest loans up to $20,000 for repairs, alterations, or adaptions to single family homes, and for completion or partial completion of a single family home. Assistance may also be provided to homeowners and/or occupants of larger family homes to convert a portion of the home to a self-contained apartment unit.

Recent changes aimed at speeding up the application process now make it possible to get a loan up to $3,000 through a promissory note.

Eligibility — The client must own and reside in the dwelling, have a gross family income of $35,000 or less per year, have a good credit rating, and total housing indebtedness not exceeding 27 percent of the gross family income defined to include principal, interest, and taxes. The dwelling must be the principal residence of the applicant and be a single family unit including a detached or semi-detached unit, a mobile home, or a unit of row housing.

For more information or to apply for a home improvement grant or loan, contact the Regional or District Housing Office nearest you, as listed below.

Regional/District Housing Offices

Amherst District Office
144 East Victoria Street
PO Box 486
Amherst, NS B4H 4A1
Phone: . . . .(902) 667-1161
Toll-free: 1-800-933-2101

Bridgewater District Office
821 King Street, Suite 4
Bridgewater, NS B4V 1B7
Phone: . . . .(902) 543- 7336
Toll-free: 1-800-278-2144

Cape Breton Regional Office
Provincial Building
360 Prince Street, Suite 22
PO Box 1267
Sydney, NS B1P 5L1
Phone: . . . .(902) 563-2120
Toll-free: 1-800-567-2135

Central Regional Office
176 Archimedes Street
PO Box 481
New Glasgow, NS B2H 5E5
Phone: . . . .(902) 755-5065
Toll-free: 1-800-933-2101

Metro Regional Office
1496 Bedford Highway, Suite 304
Bedford, NS B4A 1E5
(Check for new location in 2003)
Phone: . . . .(902) 424-5110
Toll-free: 1-800-774-5130
Website: www.gov.ns.ca/coms/hous

Truro District Office
9 Church Street
Truro, NS B2M 3Z5
Phone: . . . .(902) 893-5999
Toll-free: 1-800-933-2101

Western Regional Office
166 Commercial Street
PO Box 1000
Middleton, NS B0S 1P0
Phone: . . . .(902) 825-3481
Toll-free: 1-800-564-3483

Public Non-Profit Housing

Seniors' Self-Contained Apartments

Adequate, affordable rental units are available to low income seniors and other

150 Years
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Limited
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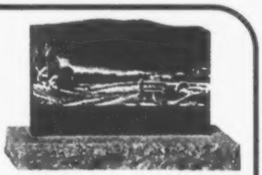
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individuals in need. The seniors' buildings, sometimes referred to as "manors" or "seniors housing projects"are located in communities throughout Nova Scotia.

All units are self contained and fully serviced. Rent is based on the established graduated income rental scale. Although most units have one bedroom, a few have two bedrooms and some are designed for individuals with physical disabilities. The projects have a common tenant lounge, storage facilities, and laundry room.

Some seniors housing projects provide additional support to residents. These are congregate/supportive housing projects and enriched housing projects.

Congregate Housing/Supportive Housing — These projects, Mountain View Manor in Yarmouth and H. A. Johnson Manor in Truro, have a live-in attendant whose role is to provide residents with some assistance or referrals.

Enriched Housing — These projects are connected directly to municipality-operated special care facilities. Residents are able to purchase services from the adjacent care facility, such as meals, housekeeping, laundry, personal care, medication administration, nursing, etc. The cost varies depending on the type of service purchased.

Enriched Housing Projects
Antigonish, Antigonish Manor
Bridgetown, Crosskill Court
Bridgewater, Pineview Apartments
Dartmouth, Acadia Place
Eastern Passage, D. A. MacDonald Manor
New Glasgow, East River Manor
North Sydney, Parkview Seniors Complex
Riverton, Havenbrook Manor
South Berwick, Fundy Villa I and II
Sydney, Xavier Golden Heights

Application Process — The application process for all seniors' housing projects is the same. You must complete an application form and meet certain criteria to be considered. For more information or to apply, contact the Housing Authority nearest you.

Housing Authorities

Annapolis Valley Housing Authority
1005 Kentucky Court
New Minas, NS B4N 4N1
Phone: . . . .(902) 681-3179
Toll-free: 1-800-441-0447

Cape Breton Island Housing Authority
18 Dolbin Street
PO Box 1372
Sydney, NS B1P 6K3
Phone: . . . .(902) 539-8520
Toll-free: 1-800-565-3135

Cobequid Housing Authority
144 Victoria Street East
PO Box 753
Amherst, NS B4H 4B9
Phone: . . . .(902) 667-8757
Toll-free: 1-800-939-3996

Eastern Mainland Housing Authority
176 Archimedes Street
PO Box 116
New Glasgow, NS B2H 5E1
Phone: . . . .(902) 752-1225
Toll-free: 1-800-933-2101

Metropolitan Housing Authority
3700 Kempt Road
Halifax, NS B3K 4X8
Phone: . . . .(902) 420-6000
Toll-free: 1-800-565-8859

South Shore Housing Authority
821 King Street, Suite 4

Bridgewater, NS B4V 1B7
Phone: . . . .(902) 543-8200
Toll-free: 1-888-845-7208

Tri County Housing Authority
368 Main Street, Suite 206
Yarmouth, NS B5A 1E9
Phone: . . . .(902) 742-4369
Toll-free: 1-800-306-3331

Co-operative Housing

A co-operative housing complex is generally owned by a not-for-profit community group that has incorporated to provide housing for its members.

John Hugh MacKenzie Housing Co-operative

This residence, located in Halifax, is open to people 40 years of age and over. Three apartment styles are available: bachelor units, one-bedroom units, and two-bedroom suites. All units open onto a large atrium common area and are fully accessible. Heat, lights, and hot water are included in the rent. Other features include: a library, crafts room, workshop facilities, a meeting room, and an office. Underground parking is available at an extra charge.

For more information, contact:
Phone: . . . .(902) 492-1808

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A yearly Pap test could save your life!

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Carol Davis, R.N. Administrator

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The Berkeley

Gracious. Independent. Retirement Living

Services and Amenities include:
- An exceptional caring staff on duty 24 hours
- Comfortable private suites
- Full service meals
- Call bells in each unit
- Registered staff nurses available
- Personal care assistance
- Respite care when needed
- Housekeeping and laundry
- Transportation and driver available
- Close to shopping

For more information, please call

Halifax	Dartmouth	Bedford
429-2222	434-9415	835-6222

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Commercial Housing

The private market offers an increasing variety of housing options, ranging from independent apartments and condominiums for a mixture of ages and income levels, to projects designed especially for seniors. Some facilities offer services and amenities such as meals, housekeeping, laundry service, care assistance, recreation programs, and fitness facilities.

The Berkeley

This residence promises a high level of service and commitment to seniors who value independent living. Staff and management give personal attention and service. There are opportunities for socializing, entertaining, and group activities.

Services include 24-hour staff and security, personal care assistance, housekeeping, and laundry services. Respite care, staff nurses, driver and vehicle are available when needed.

For more information, contact:
The Berkeley Halifax
Green Street
Phone: . . . .(902) 835-6222

The Berkeley Dartmouth
Eisner Boulevard
Phone: . . . .(902) 434-9415

The Berkeley Bedford
Convoy Run
Phone: . . . .(902) 429-2222

Gladys M. Manning Retirement Community

This residence, located in Windsor, is open to seniors 55 years of age and over. The 40-unit apartment building is designed to meet the needs of independent seniors. The retirement residence, with 24 apartments, offers a full range of enhanced services including dining room service, housekeeping, and general tenant assistance. Services include: two meals per day, utilities (heat, electricity, cable TV), housekeeping, tenant assistance, and recreational facilities and programs.

For more information, contact:
530 College Road
Windsor, NS B0N 2T0
Phone . . . .(902) 798-0441
E-mail: spencerhome@health.nb.ca

Haven Manor

This retirement home, located in Halifax, offers personal care and a family atmosphere. It is close to all amenities.

For more information, contact:
Phone: . . . .(902) 421-1167

Kingsway Gardens Retirement Residence

This residence, located in Windsor, offers large studio apartments, one-bedroom apartments, and apartments that are wheelchair-accessible. Features include wide corridors, elevator, emergency generator, a beauty parlor, landscaped and garden areas, and a conference and activity centre.

Federal Superannuates National Association

FSNA
ANRF

Serving retirees of the
- Federal Government
- Canadian Forces
- Royal Canadian Mounted Police

For Local Branch Information Contact:
Kenneth F Brown, Regional Director, Nova Scotia
104-30 Brookdale Cres., Dartmouth, NS B3A 4T7
Tel: (902) 463-2832 Fax: (902) 463-1175
email: nsfsna@attcanada.ca

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Services include meals, house cleaning, and transportation to out-of-town medical appointments for an additional fee. Rates start at $1,190 per month.

For more information, contact:

Phone:	(902) 798-5075
Toll-free:	1-877-898-2122
E-mail:	kingsway.gardens@ns.sympatico.ca
Website:	www.kingswaygardens.ns.ca

Melville Gardens

This facility, located in Halifax, is designed for seniors who require supervision, assistance, and guidance in performing activities of daily living.

For more information, contact:
Melville Gardens
11 Ramsgate Lane
Halifax, NS B3P 2S9
Phone: . . . .(902) 477-3135

Melville Heights

This retirement residence, located in Halifax, offers comfort, security and amenities for active, independent living. Three apartment styles are available: studio, one-bedroom, and two bedroom. All are spacious and have full kitchen facilities. Many services, activities, and conveniences are included in the monthly fee.

For more information, contact:
24 Ramsgate Lane
Halifax, NS B3P 2R6
Phone: . . . .(902) 477-3313

Northwoodcare Apartments

This residence, located in Halifax, is open to seniors 58 and older. You can choose between bachelor apartments and one-bedroom apartments. Services include a pharmacy, convenience store, gift shop, beauty parlour, barber shop, and 24-hour nursing coverage for emergencies. Many activities and outings are available through the community centre.

For more information, contact:
Admissions Department
Northwood Complex, Halifax
Phone: . . . .(902) 454-3335

Special Needs of Deaf Seniors

Northwoodcare has a unique living environment designed especially for deaf seniors. Special services include a newly renovated floor with visual signals, closed captioning, TTY telephones, and time-released appliances. Staff are trained in sign language and deaf culture. This residence offers companionship and a relief from isolation that the deaf so often experience.

You can choose between independent-living apartments and personal-care suites for those who need help with daily living. Residents can participate in the many programs and services offered at Northwood. Signing volunteers are available to help you take part in scheduled activities.

For more information, contact:
Northwood Resident Services
Halifax, NS
Phone: . . . .(902) 454-3356

Parkland Estates

These residences serve seniors who no longer wish to live in their own homes but want to stay independent. You can choose from two lifestyle choices: Independent Living, or Assisted Living. Also available: short-term facilities for brief stays, and respite care facilities for people who need interim care between hospital and home.

Services include housekeeping, laundry, and a registered nurse on duty 24 hours a day. The residence has a recreation program staffed by a full-time recreation coordinator.

For more information, contact:
Halifax – Clayton Park West
Phone: . . . .(902) 457-0234
Truro – Young Street
Phone: . . . .(902) 860-1800

Sunshine Personal HomeCare Inc.

This alternative lifestyle is for people who can no longer live alone or do not wish to live alone. Share a home with other adults, featuring worry free living, 24 hour staff supervision, and client centered services dedicated to personal safety, contentment, dignity, and well being.

For more information, contact:
38A Withrod Drive
Halifax, NS B3N 1B1
Phone: . . . .(902)446-3140
E-mail: sphc@hfx.eastlink.ca

Victoria Hall

This beautifully decorated, historic residence located in Halifax, is open to the active, independent senior women who may require some basic support. The three floors of single rooms are accessible by elevator. Rooms are furnished by the residents. Rent includes room, board, staff support (including security staff), laundry service, cleaning, exercise classes, social events, and parking. Extra services include a foot clinic and hair salon. Buses stop near the front door. Rent: $1,100 per month.

For more information, contact:
Administrator
2438 Gottingen Street
Halifax, NS B3K 3B9
Phone: . . . .(902) 422-3969
Website: www.victoriahall.ca

Home Maintenance

HEAT — Home Energy Action Tips

If you are concerned about the cost of heating your home, you can call HEAT's toll-free information line to learn more about inexpensive home improvements to reduce your energy use. The line is staffed by energy efficiency experts at Service Nova Scotia and Municipal Relations who can give you helpful advice and send you brochures.

HEAT
HOME ENERGY ACTION TIPS

For more information, contact:
Toll-free: 1-866-488-4328
Website:
www.gov.ns.ca/natr/energy/homeheat

Energy Use in the Home

The Nova Scotia Department of Natural Resources provides a toll-free telephone line for Nova Scotians who have questions about energy use in the home, including insulation, windows, heating systems and condensation, and energy conservation.

Farrow & Schofield
BARRISTERS & SOLICITORS INC.
4 Westwood Blvd., Upper Tantallon, N.S. B3Z 1H3
Telephone (902) 826-9140 Fax (902) 826-1074

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Jacqueline R. Farrow
Jennifer L. Schofield
Jeanne E. Desveaux

Free half hour consultations available plus 10% discount for seniors.

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For more information, contact:
Toll-free: 1-800-670-4636
Website: gov.ns.ca/natr/energy

Nova Scotia Home Builders Association (NSHBA)

A helpful information package on home renovations, including a list of members who are professional, reputable renovators, is available from NSHBA, a non-profit organization of independent home builders, renovators, and corporate members. The association works to improve the housing industry.

For more information, contact:
15A Oland Crescent
Bayers Lake Business Park
Halifax, NS B3S 1C6
Phone: . . . .(902) 450-5554
Toll-free: 1-800-668-2001
E-mail: nshba@nshba.ns.ca
Website: www.nshba.ns.ca

Health Services — Government of Nova Scotia

Nova Scotia's Health Care System

The Nova Scotia government is committed to ensuring that everyone in Nova Scotia has access to a quality health care system that is integrated, community-based, and sustainable.

Nova Scotia's health system is comprised of the Department of Health, nine District Health Authorities (DHAs), 37 Community Health Boards (CHBs), and a Provincial Health Care Centre. Each body has an important role to play in planning for and delivering health care services to Nova Scotians.

The health system also includes the newly established Office of Health Promotion.

Office of Health Promotion

The Office of Health Promotion provides a cabinet-level voice to the long-term health and physical well-being of Nova Scotians.

Created in December 2002, the Office will include the following responsibilities currently in the Department of Health:

- health promotion
- preventative health
- wellness
- addiction services
- tobacco control

The Office will also include the Nova Scotia Sport and Recreation Commission, establishing an important link between healthy lifestyles and physical activity.

For more information, contact:
Kim Keohan
PO Box 456
Halifax, NS B3J 2R5
Phone: . . . .(902) 424-4889
E-mail: keohankr@gov.ns.ca

Cancer of the cervix can be prevented.
A yearly Pap test could save your life!

Department of Health

The Department of Health has many responsibilities related to the overall functioning of the health care system, including health planning and evaluation. It is also responsible for the province-wide management and delivery of Insured Services, Emergency Health Services, and Continuing Care Services.

For general information, contact:
Department of Health
Joseph Howe Building
1690 Hollis Street
PO Box 488
Halifax, NS B3J 2R8
Phone: . . . .(902) 424-5818
Toll-free: 1-800-387-6665

Insured Health Services

Provincial Health Insurance Programs

The Government of Nova Scotia sponsors the following plans:

Hospital Insurance Program — This program provides eligible residents of the province with insurance for a broad range of medically necessary hospital in-patient and out-patient services.

Medical Services Insurance (MSI) — MSI is designed to pay for the cost of a wide range of medically required physicians' services, as well as certain dental and optometric (eye-related) services

The pamphlet, *Insured Health Services in Nova Scotia,* provides detailed information about eligibility, registration, and the plans themselves. Copies of the pamphlet are available from the MSI office.

For more information, contact:
Medical Services Insurance (MSI)
7 Spectacle Lake Drive
Dartmouth, NS B3B 2S1
Phone: . . . .(902) 468-9700
Toll-free: 1-800-563-8880

Eligibility — As a general rule, anyone who is a resident and is ordinarily present in Nova Scotia, except members of the Canadian Forces and the Royal Canadian Mounted Police, is eligible to receive insured services. Specific details are available from the MSI office.

Registration — You may register by calling or visiting the MSI office to complete an application form. Documentation of citizenship is required for the application process.

Health Card — When your application has been processed, you will receive a health card which must be presented each time you visit your physician or use a provincial health program.

It is important for you to renew your Nova Scotia Health Card to ensure your file is up-to-date with accurate information. Renewal notices are mailed three months prior to the expiry date, which is embossed on the front of your card (that is why it is very important to contact the MSI office

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453-0838
purcelld@comcarehealth.ca
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each time your address changes to ensure you will receive your renewal). If you are using an expired health card you may be asked to pay for the service rendered.

If you are leaving the province for an extended absence, please contact the MSI office to ensure your continuous medical coverage.

For more information, contact
Medical Services Insurance (MSI)
Toll-free: 1-800-563-8880

Insured Health Services — MSI

Payment for the following services is provided under MSI when medically required:

Physician's Services

These are services provided in physicians' offices, at the hospital, or in the home. They include:

- All necessary surgical services
- Complete obstetrical care
- Sterilization procedures
- Treatment of fractures and dislocations
- All necessary referred specialist services
- All necessary diagnostic services, except those which are available under the Insured Hospital Services
- Physical examinations where deemed medically necessary
- Supervision of home dialysis
- Pap smears and other preventative measures.

THE GLADYS M. MANNING MEMORIAL HOME
530 College Road
Windsor, Nova Scotia B0N 2T0

- Quality apartments overlooking beautiful Lake Piziquid and the King's Meadows
- Comfortable, Private, Secure and Affordable Retirement Living
- Designed with many special features/services to meet the needs of seniors

For further information, please phone (902)798-0441

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Optometric (Eye-Related) Services

Optometric Vision Analysis
This service is covered when performed by an optometrist to determine the refractive status of the eye and the presence of any abnormality in the visual system.

Routine Vision Analysis
Coverage is provided, once every two years, for those 65 years of age and over and children up to their 10th birthday. For all others, routine vision analysis is not covered.

Dental Services (Adults)

Dental Surgical Program
Coverage is limited to a specified list of insured services. Not all services are covered.

For more information, contact:
Phone: . . . .(902) 832-3253
Toll-free: 1-888-846-9199

Uninsured Health Services — MSI

The services listed below and a number of others are **not** insured or covered by MSI.

Each doctor can set their own fees for uninsured services or may choose not to charge. A doctor must inform a patient of any costs before providing a service that is not covered by MSI. Uninsured services include:

- *Eye Refractions/Routine Vision Analysis* — These services are uninsured for the 10–64 age group.

- ***Health Aids or Devices*** — Items such as eye glasses, hearing aids, dentures, surgical appliances, trusses, wheelchairs, and crutches are uninsured.
- ***Mileage Fees*** — Uninsured for house calls by a physician.

Contact the MSI office for a complete list of uninsured services. Information is also available from your doctor's office.

For more information, contact MSI:
Phone: . . . .(902) 832-8337
Toll-free: 1-800-563-8880 *ext.*7011

Ambulance Services

Users of ambulance services pay a portion of the cost of the service. If your ambulance bill is related to a motor vehicle accident or work-related injury and you have Stipulated Third Party Insurance, you must submit your bill to the appropriate insurer for payment.

Tip: *Since ambulance fees are not an insured service, anyone who travels outside of Nova Scotia may wish to purchase travel insurance to cover ambulance fees incurred in other provinces.*

Ambulance Fees

The following fees are subject to change.

No Fee — You will **not** be required to pay a fee for medically essential transportation between approved health care facilities providing you have a valid MSI card or are a resident of another province. The same pertains to the transportation of Acute Home Care patients.

$105 — Applies to an individual who is transported from the scene to an approved facility, providing they have a valid MSI card. The same fee will apply to an individual who is transported from an approved facility to their place of residence, with a physician's approval.

Note: *The fees listed above pertain to patients other than those with stipulated third-party coverage.*

$150 — Applies to a mobility challenged patient whose transport either begins or ends at their place of residence and is to or from an approved facility, physician's office, dentist's office, physiotherapist's facility, or respite care facility.

$600 — Applies to an individual who is transported from a motor vehicle collision to an approved facility. The same fee will apply if an individual has a work related injury and Workers' Compensation coverage.

$600 — Applies to all non-interfacility transports for Non-Nova Scotian, Canadian citizens.

$900.00 — Applies to all transports for Non-Canadian citizens.

Payment Process

An invoice will be sent to you in the mail advising you of the fee and where to send your payment.

Special Arrangements — If you cannot afford to pay the invoice all at once, contact the billing office nearest you to set up payment arrangements. This will make it possible for you to pay the invoice over time, interest free, until such time as the invoice is paid in full. As long as there is an amount owing, an invoice will be sent to you each month.

Appeal Process — If you feel you have been billed incorrectly or have an issue with the service you received, you should discuss the matter with your local billing office. If the matter cannot be resolved by the billing administrator, you can make a formal appeal. All appeals must be made in writing and sent to the attention of

Marilyn Pike, 1496 Bedford Highway,
Suite 400, B4A 1E5.

For more information, contact:
Paul Maynard
Phone: . . . .(902) 832-5500
E-mail: pmaynard@emci.ns.ca
Website: www.gov.ns.ca/health/

Billing Offices

Western Region
Toll-free: 1-888-280-8884

Northern and Eastern Mainland
Toll-Free: 1-888-657-0556

Cape Breton
Toll-free: 1-888-727-7757

Seniors' Pharmacare Program

Pharmacare is a provincial drug insurance plan that helps seniors with the cost of their prescription drugs.

Eligibility — You are eligible to join Pharmacare if:

- You are a Nova Scotia resident.
- You are covered by MSI (Medical Services Insurance).
- You are at least 65 years old; and you do **not** have drug coverage through Veterans Affairs Canada, First Nations and Inuit Health, or a private drug plan*.

*** Note:** *Members of the Public Service Health Care Plan who receive the Guaranteed Income Supplement (GIS) are eligible for Pharmacare.*

New Residents — Seniors who move to Nova Scotia must apply for and receive MSI coverage before applying for Pharmacare.

Benefits — Pharmacare covers drugs listed as benefits in the *Nova Scotia Formulary.* The Formulary is managed by a committee of experts who decide which drugs should and should not be covered by Pharmacare. The experts include family doctors, geriatricians, pharmacists, and drug information specialists.

Coverage — Medications and supplies that are covered by Pharmacare include:

- Prescribed medicines that are listed in the *Nova Scotia Formulary*
- Some prescribed ostomy supplies
- Prescribed diabetic supplies (including testing materials), needles, and syringes

Note: *Medications and supplies must prescribed by a doctor, dentist, recognized nurse practitioner, or authorized optometrist. Prescriptions must be filled in Nova Scotia to be covered.*

Generic Drugs — Generic drugs are dispensed under Pharmacare. Generic drugs are the same as the name-brand drugs but cost less. ***Note:*** *If you choose a more expensive brand-name drug when a generic brand is available, you will have to pay the difference in price between the two. If you have tried the generic brand and have had a reaction to it, and your doctor reports this reaction to Pharmacare, the program may pay for the brand-name drug.*

Application Process — You are eligible for Pharmacare on the first day of the month in which you turn 65. An information package will be sent to you two to three months prior to that date. To join the program, you must complete the enclosed application form and send any payment required to Pharmacare. ***Note:*** *When filling a prescription, make sure you notify the pharmacy of your Pharmacare coverage.*

MSI/Pharmacare Card — Your Nova Scotia Health Card is also your Pharmacare card. Your card must be shown to the pharmacist to get your Pharmacare benefits.

Annual Renewal — An information package and a form to complete and return to Pharmacare will be sent to you in February or March, provided you were covered by Pharmacare the year before.

Pharmacare Fees

Most seniors who join Pharmacare pay an annual "premium". They also pay a "co-payment" fee, which is a portion of the prescription cost for each prescription filled. *Pharmacare fees are reviewed annually and are subject to change.*

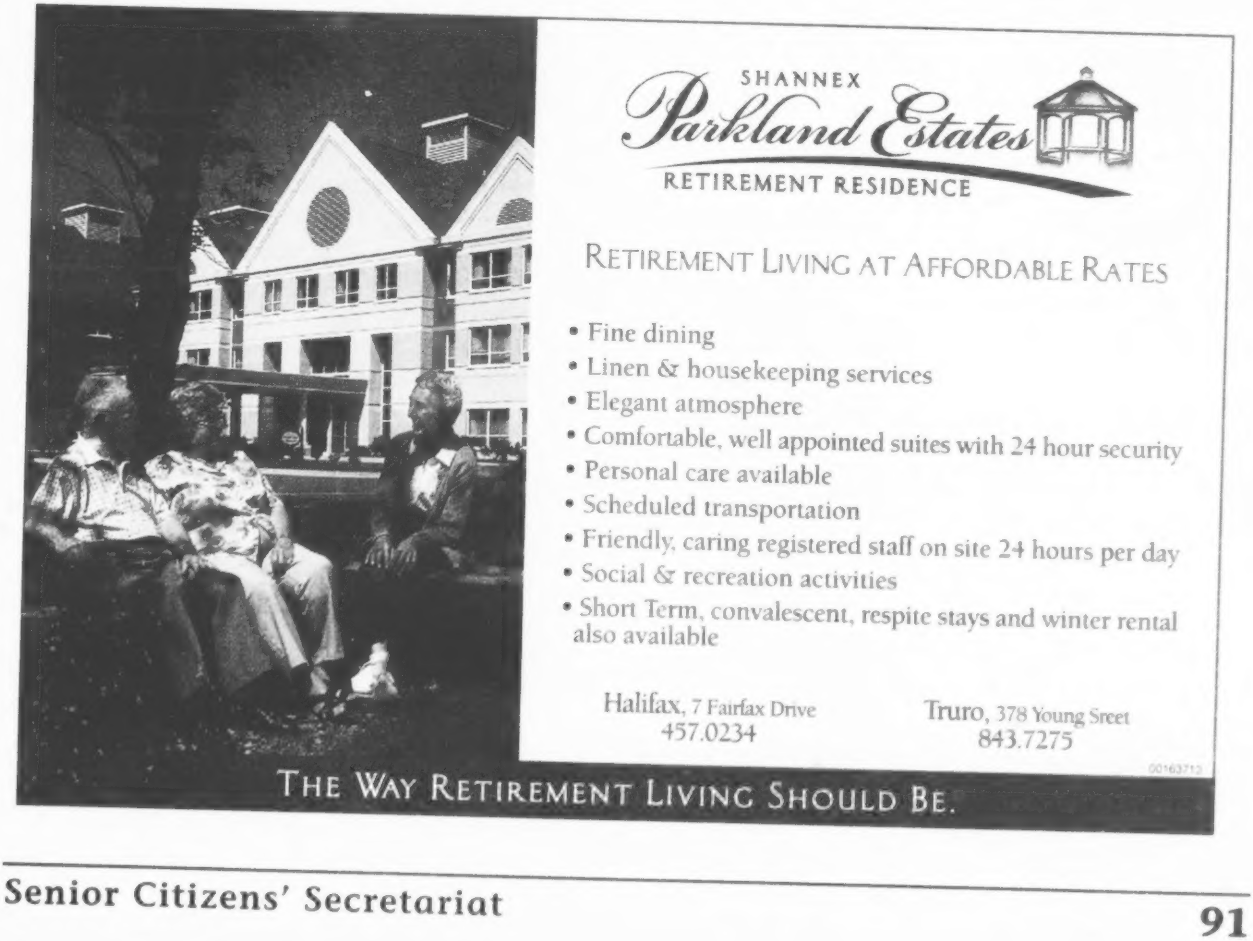
Co-payment — The co-payment fee is currently 33 percent of the prescription cost for each prescription filled (minimum of $3.00), but no more than $350 a year. *Effective April 1, 2003, the maximum co-payment per prescription is $30.*

Co-payment fees are paid to your pharmacist when you pick up your prescription. When you have reached your maximum co-payment limit of $350 your pharmacist will notify you. Co-payment totals are calculated from April 1st to March 31st each year.

Full Premium — $336 per year.

Premium Exemption — If you receive the Federal government's Guaranteed Income Supplement (GIS), you are not required to pay the premium unless you have an outstanding balance from the previous year. To find out if you qualify for GIS, call **1-800-277-9915**.

Reduced Premium — Available to some low-income seniors who do not get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the GIS. You may qualify for reduced premiums if:

- you are single, and your income is less than $24,000 a year, or
- you are married and your income plus your spouse's income adds up to less than $28,000 a year.

Premium Cost for People Who Apply Late — If you do not apply for coverage within three months of your eligibility date, or decide to leave Pharmacare and join again later, you have to wait 90 days for your coverage to start and pay one and a half times the premium for your coverage, every year thereafter.

Payment of Premium — The premium can be paid all at once, quarterly, or monthly via cheque, money order, Visa, MasterCard or automatic withdrawal. You will get a receipt when you have paid your full premium. *Call the Pharmacare toll-free line at* ***1-800-544-6191*** *for details.*

Refunds — A refund can be requested if a senior moves out of the province or passes away. The refund will be for the number of months left in the year for which the premium was paid.

Travel Arrangements — If you plan to be out of the province for more than 100 days and you need medicine for that time, you can get up to a 180 days supply if your pharmacist or doctor agrees.

Note: *Pharmacare does not pay for prescriptions that you get outside of Nova Scotia. So if you plan to leave the province, you should arrange for extra health care insurance coverage before you leave.*

Income Tax Deductions — Your premiums and co-payments are eligible to be included in the calculation of your income tax deduction for medical expenses. Generally, to be deductible, total medical expenses must be more than either 3 percent of net income or $1,678, which ever is less. Review the Canada Customs and Revenue Agency *Income Tax & Benefit Guide* for more information or contact the Agency for details.

Change of Address — If you are moving, contact Pharmacare by mail or phone and advise them your new address.

For more information, contact:
Seniors' Pharmacare Program
PO Box 9322, Station A
Halifax, NS B3K 6A1
Phone: . . . .(902) 429-6565
Toll-free: 1-800-544-6191

Private Health Insurance

Private insurance carriers offer coverage for health services not covered by the provincial health insurance programs. These include such items as preferred hospital accommodation, prescription drugs, extended health services, and long-term care insurance.

Insurance Providers — The yellow pages of your local telephone directory will list local health insurance providers under the heading of Insurance, Life and Health.

District Health Authorities and Community Health Boards

Many community programs and services are offered through the District Health Authorities. Together with the Community Health Boards in each health district, District Health Authorities work hard to understand communities and to plan health services and programs to meet the needs of local people.

District Health Authorities are responsible for hospitals and offer a full range of patient care programs and support services. They also offer health promotion, primary prevention, and treatment programs through public health, mental health, addiction services, and provincial programs.

Community Health Boards are made up of volunteers who work with residents of the health districts to build a health system that meets the needs of local communities and improves health. Community Health Boards develop health plans for local needs, help support local health initiatives, engage in public consultation, and nominate individuals for membership on the Board of Directors of District Health Authorities.

For more information, contact:

District Health Authorities

South Shore District Health Authority
(Serving Lunenburg and Queens Counties)
Health Services Assoc. of the South Shore
90 Glen Allan Drive
Bridgewater, NS B4V 3S6
Phone *(Liverpool area)*: . . .(902) 527-5202
(902) 354-3436

Southwest Nova District Health Authority *(Serving Shelburne, Yarmouth, and Digby Counties)*
Yarmouth Regional Hospital
60 Vancouver Street
Yarmouth, NS B5A 2P5
Phone: . . . .(902) 742-3541 ext. 117

Annapolis Valley District Health Authority *(Serving Annapolis and Kings Counties)*
PO Box 490, 121 Orchard Street
Berwick, NS B0P IE0
Phone: . . . .(902) 538-3431

Colchester East Hants Health Authority
(Serving Colchester County and most of the Municipality of East Hants)
Colchester Regional Hospital
207 Willow Street
Truro, NS B2N 5A1
Phone: . . . .(902) 893-5554 *ext.* 2119

Cumberland Health Authority
(Serving Cumberland County)
34 Prince Arthur Street
Amherst, NS B4H 1V6
Phone: . . . .(902) 661-1090

Pictou County Health Authority
(Serving Pictou County)
Aberdeen Hospital
835 East River Road

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Guysborough Antigonish Strait Health Authority
(Serving Antigonish, Guysborough, Richmond Counties and the southern portion of Inverness County)
St. Martha's Regional Hospital
25 Bay Street
Antigonish, NS B2G 2G5
Phone: . . . .(902) 867-4273

Cape Breton District Health Authority
(Serving Cape Breton, Victoria, and Inverness Counties)
235 Townsend Street
NSPC Building 2nd floor
Sydney, NS BIP 5E7
Phone: . . . .(902) 563-2402

Capital District Health Authority
(Serving Halifax Regional Municipality, West Hants, and Mount Uniacke)
Suite 2142, 1796 Summer Street
Halifax, NS B3H 3A7
Phone: . . . .(902) 473-2058

Provincial Health Care Centre
IWK Health Centre
5850/5980 University Avenue
Halifax, NS B3J 3G9
Phone: . . . .(902) 470-6629
Website: www.iwk.nshealth.ca

Travelling to Halifax for Health Services?

Queen Elizabeth II Health Sciences Centre

Many Nova Scotians travel to Halifax to receive specialized health care services. The Queen Elizabeth II Health Sciences Centre (QEII), operated by the Capital District Health Authority, offers many of those services. The QEII consists of ten buildings located at different Halifax locations. If you have an appointment at the QEII, you must first find out which building to go to. Your doctor's office will give you that information. If you need more specific directions, call in advance.

For more information, contact:
QEII Switchboard
Phone: . . . .(902) 473-2700

Accommodation Hotline: A list of the hotels, hostels, lodges, bed and breakfasts, and other facilities that offer reduced rates to QEII patients and their families can be mailed to you upon request. Call and leave your name and complete mailing address on the QEII's recorded accommodation hotline.
Phone: . . . .(902) 473-1444

Point Pleasant Lodge

The Lodge, a not-for-profit facility, provides 104 guest rooms for people directly or indirectly using medical services in the Halifax area. This includes anyone who is visiting a hospital patient, or who has an appointment with a doctor, dentist, opthalmologist, etc.

Guest room rental includes private bath, television and telephone. The Lodge has a cafeteria-style dining room, limited free parking, elevator service, smoking and non-smoking rooms, a reading lounge, laundry facilities, and an in-house convenience store. Specially equipped rooms are available for physically challenged individuals.

The Lodge is within walking distance of the QEII Health Sciences Centre (VG site) and the IWK Grace Health Centre.

Room rates: Single occupancy $35, double occupancy $50. Call for information on family occupancy. Reservations are recommended.

For more information, contact:
Point Pleasant Lodge
1121 South Park Street
Halifax, NS B3H 2W6
Phone: . . . .(902) 421-1599
Phone *(reservations only)*: .(902) 429-7780
E-mail:
guestservices@pointpleasantlodge.com
Website: www.pointpleasantlodge.com

The Lodge That Gives

This 34-bed facility hosts people living with cancer. Patients who normally reside in Nova Scotia, at a distance from Halifax, can stay at the lodge while receiving medical attention. Family members can stay while visiting a loved one in the hospital. To arrange a first-time reservation, you can speak to a cancer specialist, a local representative of the Canadian Cancer Society, or the booking clerk at the Halifax treatment centres.

For more information, contact:
Lodge Co-ordinator
Phone: . . . .(902) 420-1849

Specialized Health Programs for Seniors

Centre for Health Care of the Elderly

The centre provides health care services for older adults. Specific programs include: geriatric assessment unit, geriatric restorative (rehabilitation) unit, geriatric day hospital, and specialty outpatient clinics, such as the memory disability clinic, and falls clinic. Referral must be made by a physician. The centre is located in the Camp Hill Veterans' Memorial Building, QEII, Halifax. Clinics are also held in the Annapolis Valley, Lunenburg, and Antigonish.

For more information, contact:
Centre for Health Care of the Elderly
Camp Hill Veterans' Memorial Building,
Halifax, NS B3H 2E1
Phone: . . . .(902) 473-8603
Website: www.geriatrics.halifax.ns.ca

Geriatric Day Hospital — QEII Health Sciences Centre

This program provides short-term outpatient rehabilitation for seniors by a team of health care professionals. Physician referrals are required.

Falls Clinic — This service is available for persons 65 and over who have fallen or have mobility and balance difficulties. Falls can be prevented!

For more information, contact:
Geriatric Day Hospital
Camp Hill Veterans' Memorial Building
First Floor, 5955 Veteran's Memorial Lane
Halifax, NS B3H 2E1
Phone: . . . .(902) 473-2493

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Contact: 902-422-3969
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Public Health Services

Public Health Services works in partnership with communities, families, and individuals to prevent illness, protect and promote health, and achieve well being. Staff include public health nurses, health educators, dental hygienists, nutritionists, support staff, medical officers of health, epidemiologists, and administrators and managers.

For more information, contact:

District Offices

Wolfville: *Serving Annapolis, Kings, Lunenburg, Queens, Digby, Yarmouth, and Shelburne Counties.*

Phone: . . . .(902) 542-6310

Truro: *Serving Colchester, Cumberland, and Pictou Counties and most of the Municipality of East Hants.*

Phone: . . . .(902) 893-5820

Sydney: *Serving Cape Breton, Victoria, Inverness, Richmond, Antigonish, and Guysborough Counties.*

Phone: . . . .(902) 563-2400

Dartmouth: *Serving Halifax Regional Municipality, West Hants, and Mount Uniacke.*

Phone: . . . .(902) 481-5800

Addiction/Drug Dependency Services

This service provides prevention, treatment, and rehabilitation services for alcohol, drug, and gambling problems.

For more information, contact:

District Offices

Yarmouth: *Serving Annapolis, Kings, Lunenburg, Queens, Digby, Yarmouth, and Shelburne Counties.*

Phone: . . . .(902) 742-2406

Pictou: *Serving Colchester, Cumberland and Pictou Counties, and most of the Municipality of East Hants.*

Phone: . . . .(902) 485-4335

Sydney: *Serving Cape Breton, Victoria, Inverness, Richmond, Antigonish, and Guysborough Counties.*

Phone: . . . .(902) 563-2590

Dartmouth: *Serving Halifax Regional Municipality, West Hants, and Mount Uniacke.*

Phone: . . . .(902) 424-5623

Mental Health Services

A wide-range of mental health services are offered by District Health Authorities to meet the needs of Nova Scotians, including seniors. Specialized mental health services for seniors are offered in some health districts. These are described after the list of mental health services offices below.

Mental Health Services Offices

New Glasgow	(902) 755-1137
Halifax QEII	(902) 473-2492
Dartmouth	(902) 464-3287
Sydney	(902) 567-7730
Truro	(902) 893-5526
Windsor	(902) 792-2042
Amherst	(902) 667-3879
Inverness	(902) 258-1911
Waterville	(902) 538-3103 *ext.* 136
Antigonish	(902) 863-4511
Bridgewater	(902) 527-5228
Kentville	(902) 679-2657 (902) 679-2870

Yarmouth	(902) 742-4222
Digby	(902) 245-4709
Shelburne	(902) 875-4200
Middleton	(902) 825-4825

Seniors' Mental Health Service Capital Health

This service is designed to meet the mental health needs of seniors. A range of services is available including health promotion, education, home visitations (outreach), day hospital, and in-patient programs. Health care professionals experienced in the field of seniors' mental health provide treatment and information to clients, plus support and information to family members.

Emphasis is placed on providing services in the home setting or community. A person's mental health is as important as their physical health. The seniors' service encourages seniors to access help when required.

For more information, contact:
Nova Scotia Hospital Site
Phone: . . . .(902) 464-6054
or
Queen Elizabeth II Site
Phone: . . . .(902) 473-2492

Seniors' Mental Health Services Kings and Annapolis Counties

This service, coordinated by a nurse, is designed to meet the mental health needs of seniors. Assessments and visits at home are provided by a nurse and psychiatrist. Support groups for families of individuals with Alzheimer disease and dementia are available in Kings County. Regular consultation with all nursing homes in the counties is also provided. Team members are anxious to hear from consumers and families with their ideas on how to further develop the service.

For more information, contact:
Kings County
Margo MacDougall
Phone: . . . .(902) 678-7381 *ext.*2865
or
Annapolis County
Phone: . . . .(902) 825-4825

Health Screening Programs

Nova Scotia Breast Screening Program

This program assists in the early detection of breast cancer. It offers information on breast health and mammography (breast X-rays) to women aged 50 and older who have no diagnosed breast problems. *Clinics* — There is a clinic in the Halifax

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Home Health Services

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Home Support Service
- Personal care
- Homemaking
- Maternal/infant care
- Respite care
- Foot care

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6960 Mumford Road, Suite 6, West End Mall, Halifax, N.S. B3L 4P1
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Shopping Centre. A mobile van provides breast screening for the Eastern Health area (administered by the Cape Breton Hospital). A second van serves the Western Health area (administered by Yarmouth Regional Hospital).

For more information, contact:
NS Breast Screening Program
Halifax Shopping Centre
Tower 1, Suite 103
7001 Mumford Road
Halifax, NS B3L 4N9
Phone: . . . .(902) 473-3960
Toll-free: 1-800-565-0548

Gynaecological Cancer Screening Program

This program, part of Cancer Care Nova Scotia, is dedicated to decreasing the incidence of gynaecological cancer. Its mandate includes public education, health professional education, development and dissemination of standards for laboratory services, provincial cytology/coloscopy registry, and research.

Pap test awareness brochures are available upon request.

For more information, contact:
Margery MacIsaac, Program Coordinator
Bethune Building, Room 555A
1278 Tower Road
Halifax, NS B3H 2Y9
Phone: (902) 473-4425
E-mail: nsgcsp@fox.nstn.ca

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Continuing Care Services

Continuing care is an integral part of Nova Scotia's integrated health system. It serves people who need ongoing care, either on a long term or short term basis. Services include:

- **Home Care**
- **Long-Term Care** (such as a nursing home or a residential care facility)
- **Protection for Vulnerable Adults**

For specific information on continuing care services, or to talk to a qualified staff person about your needs for care and the services that would best meet them, call the Continuing Care toll-free line from anywhere in Nova Scotia. *Hours:* Seven days a week, 8:30 am–4:30 pm.

For more information, contact:
Toll-free: 1-800-225-7225

Home Care

Home Care provides service to Nova Scotians of all ages who need help with care in their homes and communities. The services are meant to add to the help people can receive from others, such as family, community, or friends. Home Care is always the first option considered for care in the community and it can help people remain as independent as possible. Services include:

- **Home support** (such as personal care, light housekeeping, and respite services for caregivers)

- **Nursing** (such as dressing changes, catheter care, and intravenous therapy)
- **Home Oxygen**

Assessment Process — If you require an assessment for home care, a care coordinator will call you and arrange for a time to meet with you to complete the assessment. Urgent assessments take priority and are addressed more quickly. The assessment will involve looking at what care services you are eligible to receive based on your needs.

Ongoing Care — The care coordinator provides ongoing monitoring and adjustment of the services, as your needs change. They can also help you connect to programs in the community, such as *Meals on Wheels* or foot care clinics. If your needs exceed what Home Care can provide, your care coordinator will provide you with information that may include an application for long term care placement. If you require long-term care, they will assist you with the process for placement in a home that will best meet your needs.

Fees — If you require the services of a nurse, there is no fee. There may be a fee for home support or oxygen service. Your care coordinator will determine this during the assessment. The amount you pay is determined by your income.

For Information or Assessment — For specific information on home care services, or to talk to a qualified staff person about your needs for care and the services that would best meet them, call the Continuing Care toll-free line from anywhere in Nova Scotia. *Hours:* Seven days a week, 8:30 am–4:30 pm.

For more information, contact:
Toll-free: 1-800-225-7225

Long-Term Care

If your care needs exceed what Home Care can provide, there are three kinds of long-term care homes for seniors available to you, depending on the type of support you need:

- **Nursing Homes or Homes for the Aged**
  Licensed facilities for people who need nursing care or nursing supervision. There are 75 facilities with approximately 5,900 beds
- **Residential Care Facilities**
  Licensed facilities for people who need supervisory or personal care. There are 34 facilities with approximately 750 beds
- **Community-Based Options**
  Unlicensed facilities that provide supervisory or personal care for one to three seniors in each home

Licensing and Standards

Questions about licensing, standards, monitoring, and audits for long-term care facilities should be directed to Soili Helppi at the Department of Health.

For more information, contact:
Soili Helppi, Continuing Care
Department of Health
PO Box 488
Halifax, NS B3J 2R8
Phone . . . .(902) 424-5753

General Information

Information pertaining to the application and assessment process for long-term care homes should be directed to staff with the Continuing Care toll-free line.

For more information, contact:
Continuing Care
Toll-free: 1-800-225-7225
Website: www.gov.ns.ca/health

ursing Homes and omes for the Aged

pplication/Assessment Process — Every ova Scotian must apply for nursing ome care through the Continuing Care ll-free line at **1-800-225-7225**, even if u can afford to pay for care on your vn. A care coordinator will call you and range for a time to meet with you to mplete the assessment and application ocess. Together with you, the care coor- nator will determine whether home care long-term care is best for you. The care ordinator will also collect the informa- on that starts the financial assessment ocess for help with nursing home costs.

igibility/Approval — After the care ordinator assesses your care needs, they ll send your application to an assess- ent panel or a classification officer for nal approval to determine the kind of cility that best meets your needs. Your me will then be placed on the waiting t for the homes of your choice, accord- g to the date your application was pproved. The assessment panel decides ch case based on an individual's needs, e legislation (Social Assistance Act, dult Protection Act, Homes for Special are Act), and the provincial policies. opies of these documents may be tained by calling the Continuing Care ll-free line line at **1-800-225-7225**.

igibility Appeal Process — If you sagree with the decision made on your igibility for long term care, there is an ppeal process. Contact your care coordi- ator for more information.

hoosing a Home — If you are currently ving at home, you will be asked to iden- y the long term care home or homes u wish to live in when an opening arises. The nursing homes you select could be in a community where relatives live or anywhere else in Nova Scotia. ***Note:*** *If you agree to be placed on the waiting list for more than one home, you must accept placement in the first home that becomes available.*

Waiting Lists — A person is placed on the waiting list for a long-term care home on the date they are officially confirmed by the Department of Health as needing long term care. The Department of Health co-ordinates the waiting list chronologically by that date.

Waiting for Admission from Home — The amount of time you will be required to wait before being admitted into a home depends on how many people are waiting to get into a specific facility. If your situation worsens after you apply for care and while you are waiting for an opening, your care coordinator can arrange for other services, such as additional home care or respite care. If you feel you need hospital care don't hesitate to call your family doctor.

Respite Care — Some long term care homes have beds set aside to allow your care needs to be met in the long-term care home while your caregivers have a break. These beds are called "respite care" beds. Each home has its own daily rate for these beds. If you can pay for your respite care, you may contact the facility directly to make arrangements. If you do not have the means to pay, contact the Continuing Care toll-free line at **1-800-225-7225**. Staff will do an assessment to see if you are eligible for a government subsidy.

Refusing Admission from Home — If you are living at home and are offered a place at a long term care facility you have chosen and refuse to accept it, you will be considered not ready for admission to any home and your name will be removed from all waiting lists.

Transferring from One Home to Another — If you are placed in a nursing home and decide you want to move to a different home, contact the Continuing Care toll-free line to arrange for your name to be placed on the waiting list for the facility of your choice.

Waiting for Admission from Hospital — If you are in hospital and the doctors have said you are ready to leave for nursing home care, you will be placed in the first available long-term care home within 100 km driving distance of the community where you want to live. This policy is called the "first available bed" policy. This arrangement is only until a bed becomes available in one of the facilities you have chosen, usually within a few months. As soon as a place is available you will be transferred. This ensures you receive the right kind of care as quickly as possible. Since hospital beds are urgently needed for people requiring medical services that only hospitals can provide, it is not possible for you to stay in the hospital until a room comes up in a home of your choice. When your doctor says that your medical condition no longer requires hospitalization, the hospital may discharge you or begin to charge you for care.

Hospital Fees — Hospital patients whose doctors have said their medical condition no longer requires hospitalization, and who are waiting for the first available bed in a home within 100 km of the community where they want to live, may be charged $50 a day to remain in hospital while awaiting placement. Patients who refuse the first available bed in their area, may be discharged or charged $205 a day if they remain in hospital. If you are concerned about hospital fees, contact your hospital social worker who can explain this policy to you in detail.

Fees for Long-Term Care — Care in nursing homes or other facilities is not covered by Nova Scotia's Medical Services Insurance plan (MSI). As a result, every senior must pay the full cost of living in a long-term home, if they can afford to do so. Those who need help with their costs can apply to the Department of Health for financial assistance. The average cost of nursing home care in Nova Scotia is $140 a day, which is consistent with rates in other parts of Canada.

Financial Assessment Process — As part of your application to a long-term care home, your care coordinator will help you get started on the financial assessment process. You will be asked about your income and assets, and asked to sign consent forms that will allow the financial assessment review officers from the Department of Health to verify your financial information with your bank and other financial institutions. This information is kept confidential.

The financial assessment helps the Department of Health know whether you

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are eligible for financial assistance and when you can begin receiving support. Government support begins after you have paid all you can towards the cost of your care. Approximately 80 per cent of people living in long term care homes are receiving government help for their costs. In Nova Scotia, no senior goes without the long term care they need, regardless of their ability to pay.

Everyone who applies to a nursing home must complete the financial assessment process, except in exceptional circumstances when an individual may decide to sign an *Agreement of Total Support* instead. This is a contract confirming you understand the full potential costs of care, you have sufficient income and assets to over these costs, and you will not apply to the Department of Health for long-term care funding in the future.

Funding-Related Legislation and Policies — The Department of Health provides funding under the Social Assistance Act and Community Supports for Adults policies. Effective November 1, 2002, changes were made to these policies which allow seniors to keep more assets and reduce the amount of paperwork involved. For instance:

- The "look-back" period has been reduced to two years from three which means that the financial records of the senior are reviewed for a two-year period.
- The province will exempt $25,000 of assets if the person applying for nursing home care has a spouse or legal dependent living at home.
- Since family homes are completely exempt, individuals no longer have to fill out a form to designate their home. As well, the home may be transferred to another person. That person may sell the home, and the proceeds will not be considered an asset for the cost of care.
- One vehicle per family is now exempt. However, new vehicles purchased within the two-year look back period may be reviewed if it seems the purchase made was beyond one of reasonable value or inconsistent with an applicant's vehicle purchasing habits.

Required Financial Information — You will need to report your income and assets. Generally speaking, your assets and income must be used to pay your long-term care costs, but there are a number of exemptions. The items currently exempt from the cost of nursing home care are listed below, with the new exemptions marked with an asterisk (*):

- Family home
- Household contents
- One car *(some restrictions apply)* *
- Family cottages *
- Family land: Farms, woodlots, house lots *(if owned for at least 2 years)* *
- Life insurance *
- Pre-paid funerals
- Paid burial plots
- GST refunds
- Lump sum compensation payments for Merchant Mariners in WWII
- Veterans' disability pensions
- Employment income earned by the spouse
- Ownership of a private business by the spouse
- Refundable child care credit
- Federal child tax benefits
- Contributions to a Registered Education Savings Program*

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Caring For People Over Time

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Splitting Income and Assets Between Spouses — Generally speaking, the income and assets belonging to you and your spouse will be evenly divided between the two of you, excepting any employment income earned by your spouse and keeping in mind the other exemptions listed above. Additionally, you will be able to keep $25,000 of your joint assets before any remaining assets are split.

If your spouse is entering a nursing home and you believe your half is not enough to live on, the Department of Health will review your budget to determine whether more of your spouse's share should remain with you. If you wish to have your budget reviewed, speak to your spouse's care coordinator, and the Department of Health will contact you for further assessment.

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Sydney, N.S. **539-3660**

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Yarmouth 742-7438
Kentville 681-1150
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Financial Assessment Appeal Process — To appeal a decision about your eligibility for financial assistance, fill-out the *Appeal Form* that is attached to the letter sent by the Department of Health to inform you of the amount you will be expected to contribute toward the costs of your care. The form will ask you to explain why you want to appeal. Your *Appeal Form* must be received by the Department of Health within 30 days.

There are two steps in the appeal process. Step 1 is an administrative review where the Department of Health makes sure all the right things were done to arrive at the decision. If you are not satisfied, you may participate in Step 2, an appeal hearing by the Social Assistance Appeal Board. The board will listen to your side of the story and decide if the Department's decision should be changed.

Paying for the Cost of Care — When you enter a nursing home, you will pay the home directly for your care. If the time comes when your assets are depleted, you will be eligible for financial assistance. At that time, your income will continue to be applied to the cost of your care and the province will pay any additional costs.

Publicly assisted residents of nursing homes and other long-term care facilities are provided with a *Personal Use Allowance* (PUA). This allowance is intended to provide monthly spending money to be used for items of personal comfort and enjoyment by the resident. Purchases made by third parties (including family members) may be reimbursed by the Nursing Home Administrator if the person seeking reimbursement provides a receipt. Examples: hairdresser and barber fees, magazine or newspaper subscriptions, phone bills, candy. The current amount of the Personal

Use Allowance is is $105 per month. The allowance is claimed by the home on behalf of the resident and a maximum accumulation limit applies.

Managing Your Affairs — Everyone should take the necessary legal steps to ensure their affairs will be properly managed if they become unable to manage their affairs themselves. For more information on Power of Attorney, Enduring Power of Attorney, and Guardianship, contact the Legal Information Society of Nova Scotia *(See contact information on page 63).*

Nursing Home Locations — Call the Continuing Care toll-free line at 1-800-225-7225 for a copy of the *Directory of Nursing Homes and Homes for the Aged.*

For more information, contact:
Continuing Care

Toll-free:	1-800-225-7225
Website:	www.gov.ns.ca/health

Residential Care Facilities and Community-Based Options

Residential care facilities and community-based options for seniors are usually privately owned and operated on either a for-profit or not-for-profit basis. They vary considerably in the type of services they offer to seniors. Before deciding if one of these facilities is right for you, consider visiting the home to view the accommodations and find out what services it offers.

Residential Care Facilities

Residential care facilities serving seniors provide personal care or supervisory care. They are licensed by the Department of Health. Most residential care facilities are part of the Department of Health's single-entry access system for continuing care. To access these facilities you must apply through the Continuing Care toll-free line at **1-800-225 7225**. You will be required to participate in the same assessment and eligibility determination process used for applicants applying to nursing homes. For more information on this process, see page 100.

To access residential care facilities operating outside of the single-entry access system for continuing care, you may apply to these facilities directly, as long as you can afford to pay the fees for at least 18 months. Should your resources be depleted after 18 months in a facility, you may apply for assistance through the Continuing Care toll-free line at **1-800-225-7225**.

Community-Based Options for Seniors

Community-based options for seniors is the term used to describe the small unlicensed facilities providing personal care or supervisory care to seniors. Some community-based options for seniors are part of the Department of Health's single-entry access system for continuing care. These facilities are required to meet the standards set by the Department of Health. To access them, you must apply for care through the

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Continuing Care toll-free line at **1-800-225-7225**. You will be required to participate in the same assessment and eligibility determination process used for applicants applying to nursing homes. For more information on this process, see page 100.

Since most community-based options for seniors operate outside of the single-entry access system for continuing care, you may apply to those homes directly and pay the care and accommodation fees yourself. Should your resources not be sufficient to support these fees, you may call the Continuing Care toll-free line for consultation about placement in a facility that participates in the Department of Health's single-entry access system for continuing care.

For more information, contact:
Continuing Care
Toll-free: 1-800-225-7225
Website: www.gov.ns.ca/health

Protecting Vulnerable Adults (Adult Protection)

Adults in need of protection are people 16 or older who are abused or neglected and who cannot physically or mentally protect or care for themselves.

Shhh...listen...can you hear that?

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If you suspect that an adult is in need of protection, the Adult Protection Act requires you to report any such information, even if the information is confidential or privileged.

Adult protection workers with the Department of Health have the authority to intervene and offer services to help people live safely.

Vulnerable Adults — Individuals are vulnerable for many different reasons. For instance, they may have an intellectual, physical, or mental disability that makes it impossible for them to protect themselves from emotional or physical abuse. Or, their personal circumstances may prevent them from caring for themselves properly.

Other Adults — Adults who are capable of making choices about how they'd like to live are not considered adults in need of protection, even if their personal hygiene becomes poor or their housekeeping drops off. If they have no physical problems, are mentally competent, and are capable of looking after themselves, the Adult Protection Act does not consider them to be in need of protection.

Reporting Process — If you know of an adult in need of protection, you must report it immediately to the Department of Health by calling **1-800-225-7225**. An adult protection worker will assess the situation. If, after the assessment, the worker believes that the person you have reported does need protection, the department will begin a more detailed investigation. If the adult is found to need protection, the worker will provide services to help.

Financial Abuse — The Adult Protection Act does not cover situations of financial abuse. However, if financial abuse is discovered during an Adult Protection investigation, the adult will be referred to an authority who can help safeguard their financial interests.

Elder Abuse — For more information on elder-abuse, see page 72.

For more information or to report a case of suspected abuse or neglect, contact:
Continuing Care Services
Department of Health
Toll-free: 1-800-225-7225

Other Services for Frail, Disabled, or Homebound Seniors

Adult Day Programs

Northside Harbourview Hospital Seniors' Day Program

This program, located in Sydney Mines, helps people age 65 and older stay independent in their communities. Participants receive medical, nursing, rehabilitative, nutritional, spiritual, and psycho-social attention.

Activites include exercise, crafts, religious services, and special events. Services include hearing, speech, foot care, and hair dressing services. Rides are given if needed. A noon meal and snacks are served. The program accepts referrals from physicians, health professionals, clergy or families. *Fee:* $7.50 per day. *Hours:* Monday to Friday, 9:00 am–3:00 pm.

For more information, contact:
Heather Duff, Unit Manager
Senior's Day Program
Harbourview Hospital
22 Richard Street
Sydney Mines, NS B1V 2H7
Phone: . . . .(902) 736-2831 *ext.*140

Northwood Homecare Adult Day Programs

Social Day Program — This program, located in Halifax, is for people 50 years and over who need some assistance to stay independent in their communities. Services include health monitoring, exercise, recreation, group discussions, and counseling. A noon meal and snacks are served. *Hours:* Thursday and Friday, 8:30 am–3:00 pm.

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Easter Seals Nova Scotia
TEL: 902 453-6000 ext. 231

The Easter Seal Society Nova Scotia

For more information, contact:
Phone: . . . .(902) 454-3347

Day Support Program – This program helps individuals with memory loss and confusion from Alzheimer disease or other forms of dementia. Services include flexible individualized programming, health monitoring, and support for caregivers. A noon meal and snacks are served. *Hours:* Monday to Friday, 8:30 am–3:00 pm.

For more information, contact:
Phone: . . . .(902) 454-3347

Oakwood Terrace Adult Day Program

This program, located in Dartmouth, offers a friendly and stimulating environment for adults who can't be left alone during the day. It also gives the family caregiver some time off from caregiving.

The program encourages the highest level of independence. Social and recreational activities allow participants to develop self-esteem, confidence, self-expression, and the opportunity to practice their current skills.

For more information, contact:
Shelly Luddington
10 Mount Hope Avenue
Dartmouth, NS B2Y 4K1
Phone: . . . .(902) 469-2794 *ext.*199
Website: g.comeau@oakwoodterrace.ns.ca

South Cumberland Community Care Centre

This program, located in Parrsboro, is designed to meet the medical, physical, and social needs of individuals 18 years of age and older, to help them maintain health, nurture their independence, and improve their quality of life in order to remain in their homes and community as long as possible.

Services include: a social worker, occupational therapist, and a dietitian on site one day a week. Also available: physiotherapy, a diabetic clinic, lab/X-rays, and other aids and equipment. A small fee may apply. The program serves Parrsboro and surrounding areas Monday to Thursday.

For more information, contact:
Debbie Fullerton or Brenda Roberts
Parrsboro, NS B0M 1S0
Phone: . . . .(902) 254-2540

VON Annapolis Valley Branch Adult Day Program

This centre, located in Berwick, has programs for older adults with special needs. Services include opportunities to socialize and spend time with peers, an exercise program, therapeutic activities, nursing services, leisure activities, music, a nutritious meal and snacks, and supervision by qualified, caring staff. The program operates Monday, Wednesday, and Friday.

For more information, contact:
Barb Rand RN/ Brenda Harland RN
Western Kings Memorial Health Centre
121 Orchard Street
Berwick, NS B0P 1E0
Phone: . . . .(902) 538-7844

In-Home and Community Meal Programs

Nova Scotia Meals Network

The network publishes a provincial directory of meal programs for seniors, including Meals on Wheels, Wheels to Meals (community meal programs), and Private

Recipe Frozen Meals. The directory is available from Spencer House Senior Centre in Halifax at **421-6131** and by calling the Continuing Care toll-free line at **1-800-225-7225**.

Meal programs are made possible by the tireless efforts of community-based organizations and volunteers who work in partnership to help meet the needs of local seniors. These organizations include VON, senior centres, seniors' councils, service groups, community health boards, nursing homes, residential care facilities, hospitals, churches, local businesses, Royal Canadian Legion, community centres, and seniors' manors. The type of meal programs offered vary from community to community.

Meals on Wheels — Hot meals are prepared locally and delivered by volunteers to your home for a modest fee.

Private Recipe Frozen Meals — Individually frozen meals are prepared and delivered to your home for a modest fee. You can choose your own complete menu from a tempting array of main dishes, soups, and desserts. Ask about special diets and pureed meals.

Community Meal Programs — Many organizations across the province sponsor hot meal programs for seniors. Such programs are often referred to as "Wheels to Meals". For a modest fee, these programs provide you with a place to socialize and a chance to enjoy a nutritious meal in the company of others.

Information — For specific information on meal programs in your area, contact the Continuing Care toll-free line at **1-800-225-7225**, or the Nova Scotia Meals Network representative nearest you, as listed below.

Meals Network Representatives

Central Nova Scotia
Deborah Dostal
Spencer House Senior Centre
5596 Morris Street
Halifax, NS B3J 1C2
Phone: . . . .(902) 421-6131

Eastern Nova Scotia
Joan Fownes, Dietitian
Victoria County Memorial Hospital
Box 220, Baddeck, NS B0E 1B0
Phone: . . . .(902) 295-2112
E-mail: jfownes@cbdha.nshealth.ca

Northern Nova Scotia
Sheila Hoeg
VON New Glasgow
Phone: . . . .(902) 755-4524

Western Nova Scotia
Vivian MacMillan
Box 427, Windsor, NS B0N 2T0
Phone: . . . .(902) 798-4913
or
Brenda Allen
VON Annapolis Valley Branch
Kentville, NS B4N 3V7
Phone: . . . .(902) 690-2118
E-mail: pep@vonannvalley.ns.ca

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For more information, contact:
Susan Kastuk-Ridlington, Dietitian
Phone: . . . .(506) 536-8102
(toll-free from: Amherst)
E-mail: meals@nbnet.nb.ca

Marvelous Mouthfuls Gourmet Cooking

This service, located in Halifax, will prepare home-cooked meals to meet your dietary requirements and specific tastes. Meals are prepared fresh in the Marvelous Mouthfuls kitchen and packaged in portion sizes for your freezer. You simply heat the meals up as you need them. Lots of menus to choose from including traditional, ethnic, and vegetarian dishes. References available.
Fees: $125 for 16 entrees, $150 for 20 entrees, $175 for 30 entrees and $200 for 40 entrees.

For more information, contact:
Melissa Nejee
Phone: . . . .(902) 435-1069
Website: www.marvelousmouthfuls.com

Think about your day.

You get out of bed. You take your bath or shower, and get dressed. You eat breakfast and you're ready to go.

Now think again.

If you suffer from an accident, illness, or deteriorated mental abilities that prevent you from doing any of these activities, you may need long term care.
Who are you going to depend on for your long term care needs? Your children or spouse? The government? That's where we can help. We can bring clarity to your long term care options. We will answer your questions and help you plan for the quality of care you want with the dignity you deserve.

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Long Term Care
Insurance Specialist
481-0022 ext. 2225
1-877-763-7284 toll free
anne.melong@clarica.com

Deborah Sherren
Long Term Care
Insurance Specialist
481-0022 ext. 2225
Cell 902 471-2265
deborah.sherren@clarica.com

Gillian Warrick
Long Term Care
Insurance Specialist
481-0022 ext. 2225
Cell 902 229-3521
gillian.warrick@clarica.com

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For more information, contact:
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TTY/TDD: . . . .(902) 487-5999

Canadian Red Cross Society — Health Equipment Loan Service

This program operates loan depots throughout the province. You can often get crutches, canes, walkers, wheelchairs, commodes, raised toilet seats, and bathtub aids. Loans are free. You can borrow items for up to three months. Donations are welcome.

For more information, contact:
1940 Gottingen Street
Halifax, NS B3J 3Y2
Phone: . . . .(902) 423-3680

Easy Living Shops Canada Ltd.

This company sells specialized clothing for seniors who live in nursing homes, hospitals, manors, or in their own homes. Clothing is designed to be attractive and durable.

For more information, contact:
Paula Chambers, NS Representative
Phone: . . . .(902) 686-0937
Toll-free: 1-800-665-1976

Family 1st Medical

This company sells, rents, and repairs a wide variety of health care equipment such as mastectomy fitters, mini elevators, scooters, and wheelchairs. *Open:* Monday to Saturday (New Minas) and Monday to Friday (Sydney).

For more information, contact:
8995 Commercial Street,
New Minas, NS B4R 1C3
Phone: (New Minas) . . . .(902) 681-0202
(Sydney) 564-8811
Toll-free: 1-800-565-2021
Website:
www.family1stmedical.com

Harding Medical Supplies

This company sells, rents, and repairs a wide variety of health care equipment, from canes to home elevators.

For more information, contact:
5541 Russell Street
Halifax, NS B3K 1X1
Phone: . . . .(902) 453-6900
Toll-free: 1-800-565-1680

Home Care and Home Support Services

If you require home care services, Continuing Care, Department of Health is your first point of contact. Call the Continuing Care toll-free line, at **1-800-225-7225** *(see page 98).*

If you require care or assistance beyond what Continuing Care can provide, the services outlined on the next few pages may be of assistance to you.

Care Choices Inc.

This company, located in the Bridgewater area, offers personalized home care based on the client's needs. Professional staff include home health aids and personal care workers, LPNs, RN assessors and supervisors, an in-home physiotherapist assessor (by appointment only), and 24-hour emergency on-call services. You can also get convalescent care, respite care, palliative care, hospital sitting, home-maker services and other specialty services. Services are provided seven days a week, four hours to 24 hours per day.

For more information, contact:
PO Box 183
Bridgewater, NS B4V 2W8
Phone: ....(902) 527-1622

CAREGIVERS N' MORE

(Formerly, Kelly Home Care, A Division of Sitters R'Us Limited)

This company provides in-home care including the home support, companionship, and respite care services that can be provided by LPNs, PCWs, and homemakers. Services are available 24 hours a day, seven days a week.

For more information, contact:
Jaci Kelly, Director
6028 Lady Hammond Road, Suite 220
Halifax, NS B3K 2R6
Phone: ....(902) 425-7727
E-mail: cnm@caregiversnmore.ca
Website: www.caregiversnmore.ca

Comcare

This service provides many services in the home or community setting, including: skilled nursing care by RNs and LPNs, in-home care by home support workers, palliative care, respite and companion care, foot care, and workplace wellness programs. You can ask for an in-home assessment from Comcare's client service supervisor.

For more information, contact:
Dawn Purcell, Manager
3134 Robie Street
Halifax, NS B3K 4P9
Phone: ....(902) 453-0838
Toll-free: 1-800-565-1930
E-mail: purcelld@comcarehealth.ca
Website: www.comcarehealth.ca

Haven Bay Home Care Services

This company helps clients stay as independent as possible in their own homes and communities. It offers services to match the client's needs.

Services include professional nursing care (RNs and LPNs), home health aids, respite care, companion care, palliative care, foot care, free at-home assessments, and regular supervisory visits.

For more information, contact:
RR1 Site 6, Box 7
Halifax Co., NS B0J 1G0
Phone: ....(902) 826-1341

Licensed Practical Nurses Private Duty Registry

The Registry offers professional care in homes, hospitals, and nursing homes. Hours are flexible to meet individual needs. Nurses are licensed and insured. *LPNs were formerly CNAs.*

For more information, contact:
Phone: ....(902) 499-3004

Nightingale Nursing Services

This service provides health care personnel to individuals living at home or staying in hospital. It also provides relief staff to local hospitals and extended-care facilities. Staff are available to meet each client's needs.

For more information, contact:
Phone *(Halifax)*: . . . . (902) 465-9777
Phone *(Sydney)*: . . . . (902) 562-6274

Northside Community Guest Home Outreach

This program offers services to assist seniors, including those who are medically at risk in the Northside area of Cape Breton. Services include: Alzheimer telephone support service, footcare, Lifeline, and equipment loans. Twenty-five enriched housing units are also available to self-reliant seniors who require access to care when needed.

For more information, contact:
Fred Chezenko
11 Queen Street
North Sydney, NS B2A 1A2
Phone: . . . .(902) 794-4733 *ext.*232

Northwood Homecare Services

This coordinated homecare service, located in Halifax, helps people stay healthy, active, and independent. It specializes in services for seniors, the disabled, and families-at-risk, seven days a week, 24 hours a day.

Services include home support, nursing care (including I.V. therapy, palliative care and hospice), nutrition, physiotherapy and occupational therapy consults, and help with medication and insurance claims. You can call for a consultation with a registered nurse supervisor.

For more information, contact:
Phone: . . . .(902) 425-2273

P.L.S. In-Home Care Ltd.

This organization offers nursing care and other forms of home support for clients in their homes or in hospital in the Lunenburg County area. Other services include: light housekeeping and meal preparation.

For more information, contact:
Pat Gabriel, R.N.
Phone: . . . .(902) 543-2877

Powers Senior Home Care Inc.

This nursing agency supports seniors and disabled individuals who wish to remain independent in their own homes. The agency offers total home nursing care services, tailored to each client's needs. Other services include live-in caregivers for Alzheimer's and disabled clients, respite care, and palliative care. Services are available in the Halifax/Dartmouth/metro area.

For more information, contact:
Phone: . . . .(902) 832-9158
Website: www.powers.phg.ns.ca

Private Duty Registry

This service offers 24-hour nursing care at home or in the hospital. Shifts and hours can be arranged to suit the needs of the patient.

For more information, contact:
Piri Kerekes
37 Southill Drive
Halifax, NS B3M 2X9
Phone: . . . .(902) 423-6469
(Leave a message and your call will be returned promptly.)

Red Cross Home Support Services

This service provides certified Home Support Workers and Continuing Care Assistants to individuals in the Halifax Regional Municipality area who need assistance during illness, convalescence, or disability.

For more information, contact:
1940 Gottingen Street
Halifax, NS B3J 3Y2
Phone: . . . .(902) 496-0103

Services for Seniors — Nicole Crane & Associates

This company offers services to seniors who live at home. Services include 24-hour staffing care or care on an as-needed basis, scheduled transportation to errands and activities, home cleaning, home maintenance, companionship services, and coordination of clients' needs.

For more information, contact:
Nicole Crane
2041 Macdonald Street
Halifax, NS B3L 3G1
Phone: . . . .(902) 225-2122
E-mail: enicolecrane@hotmail.com

Victorian Order of Nurses (VON)

This charitable organization provides professional health care services to individuals and their families at home or in the community setting. Its visiting nursing, home support, and charitable programs help seniors stay independent and in charge of their own lives. Services include health assessment and teaching, rehabilitation, palliative care, bereavement follow-up, homemaking, personal care, and respite care. Charitable services include meals programs and transportation programs, volunteer visiting, and more.

You can also use the following VON services: health maintenance programs for seniors, foot care and health assessment clinics, occupational health programs, a friendly visiting service, and adult day centres.

Referrals are accepted from all sources. Care is provided in consultation with a physician. Service is available seven days a week. VON is supported by fees for service, donations, grants, and fundraising projects.
Fees: Based on the average cost of the visit. If you live in the areas served, you will not be refused service for financial reasons.

For more information, contact:
VON Canada Nova Scotia
108 Cobequid Road
Lower Sackville, NS
B4C 2N2
Phone:
(902) 865-4688

VON Offices

Greater Halifax	(902) 453-5800
Lunenburg County	(902) 624-1897
Queens County	(902) 354-3249
Tri-County	(902) 742-4512
Cumberland County	(902) 667-8796
Colchester East Hants	(902) 893-3803
Antigonish	(902) 863-5700

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Pictou County . . . .(902) 752-3184
Annapolis Valley . . . . . .(902) 678-3415

We Care Home Health Services

This company offers personalized in-home care and support services. You can arrange for any amount and level of care you need. Services include professional nursing, home support, foot care, and special-needs services. You can ask for a free in-home assessment and discussion of a care plan.

For more information, contact:
Mary Wile or Margaret MacLean
West End Mall, Suite 669
60 Mumford Road
Halifax, NS B3L 4P1
Phone: . . . .(902) 454-2571
E-mail: wecarehfx@ns.sympatico.ca
Website: www.wecare.ca

In-Home Physiotherapy

Physiotherapy can help ease the effects of a disabling disease, aid in recovery from a traumatic injury, or relieve the pains of aging athletes. Check your local telephone directory for a complete listing of the physiotherapy services in your area or to enquire about home visits.

HomeCare Physiotherapy

The Arthritis Society can arrange in-home physiotherapy services for arthritis sufferers who require them.

For more information, contact:
Arthritis Society, West End Mall
6960 Mumford Road, Suite S13
Halifax, NS B3L 4P1
Phone: . . . .(902) 429-7025
Toll-free: 1-800-321-1433
E-mail: info@arthritis.ca
Website: www.arthritis.ca

Parkland Physiotherapy

This clinic specializes in services for seniors, including: physiotherapy, acupuncture, exercise prescription and massage therapy. Cathy Donald, physiotherapist, has appeared on the CBC show Health Matters, regarding seniors and fitness. She and the other professional staff are ready to serve you. Home visits are available.

For more information, contact:
Parkland Estates
Clayton Park West, Halifax
Phone: . . . .(902) 457-0234

In-Home Services

ElderCare Atlantic Inc.

This company provides coordinated life management services to seniors and their families. Its team of professionals develops customized plans to cover a wide variety of client needs in areas such as financial, home and health management.

Services include health needs assessment and management, paying bills, preparing

ElderCare Atlantic Inc
Coordinated Life Management Options
- financial management
- home management and residence transition
- health needs assessment and management

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Fax: 902 **446-3637**
Email: eldercareatl@hfx.eastlink.ca
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tax returns, helping with home maintenance/management (everything from grass cutting to snow removal to general repairs to wheel chair ramp construction), objective review of residence options and assisting with residence transition. Fees vary depending on the services provided.

For more information, contact:
Steve or Gary Armstrong
15 Botany Terrace
Halifax, NS B3N 2Z6
Phone: . . . .(902) 446-3636
E-mail: eldercareatl@hfx.eastlink.ca

Kim's Trim Mobile Salon

Your hairdressing needs can be met at home if you live in the Halifax, Dartmouth and Sackville areas.

For more information, contact:
Phone: . . . .(902) 458-6695

Leona Burke's Blood Collection Services

This service is available at a number of locations in Halifax, Dartmouth, Eastern Passage, Woodside, Cole Harbour, and Lower Sackville. You can make an appointment or just walk in. *Fee:* $10 *Home visit fee:* $20. Call for information on the location nearest you.

For more information, contact:
Phone: . . . .(902) 461-2391
Website: www.lbbloodcollection.com

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Phone: (902) 222-7665 Email: orthotics@ns.sympatico.ca

Roderick P. MacKenzie B.Sc. P.T., M.C.P.A.
Allied Member, Pedorthic Assoc. of Canada

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MacCulloch Med Tech Services

This service provides on-site and at-home blood and urine test collection services, and transports the samples directly to your doctor's preferred hospital lab. It serves clients in Halifax Regional Municipality including the Musquodoboit Valley and Peggy's Cove Road areas. A new branch is now open in Industrial Cape Breton.

For more information, contact:
101 Ilsley Avenue, Suite 5A
Dartmouth, NS B3B 1S8
Phone: . . . .(902) 477-7642
E-mail: mmts@bloodtest.ca

MobiliCare Inc.

This service offers blood collection, massage therapy and electrocardiogram (ECG) services by registered and certified professionals. Other services include: in-home blood collection ($23), massage therapy ($85), ECG ($30), and nursing services ($37). For blood collection services, you must call for an appointment. *Fee:* $10. *Hours:* Tuesdays and Thursdays, 8:00am–12:00 pm.

For more information or an appointment, contact:
Mobilicare Inc.
Spring Garden Medical Centre
Nelson Place
5675 Spring Garden Road, Suite 200
Halifax, NS
Phone: . . . .(902) 830-2273

Seniors for Seniors

This program serves older adults and seniors. Services include: home-makers, handy-persons, home cleaners, and companions.

For more information, contact:
Howard Court or Janet Wilson
7001 Mumford Road, Tower 1,
Suite 819, Halifax, NS B3L 2H8
Phone *(Halifax)*: . . . . (902) 454-3674
Phone *(Truro)*: . . . . (902) 897-7355
Toll-free: 1-800-719-6643

Foot Care

Chiropodists and Podiatrists

These specialists treat all types of foot disorders. Their services are not covered by MSI; however, most private and employer health plans, and some government agencies, will partly or totally cover the cost. You do not need a physician's referral. Your physician can tell you if a chiropodist or podiatrist is a certified member of a recognized association (such as the Maritime Association of Certified Chiropodists-Podiatrists).

For a list of practitioners in your area, look in the yellow pages of your phone book under the heading "Podiatrists".

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orthoticseast@ns.aliantzinc.ca

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VON Footcare Services

The VON provides footcare services and clinics in various parts of Nova Scotia. For more information, call the VON office nearest you *(See page 114)*.

Caregiver Support

Care Management for Seniors

This service provides supportive services to seniors living at home with failing physical or mental health. It can also assist families with the challenges of long distance care. Counseling mediation, and advocacy services are also available to assist families with life-changing situations. The company also provides education programs for the workplace.

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Email: retire@nbnet.nb.ca Web Site: www.retirementmiramichi.ca

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Individualized care services focus on assessing the senior's care needs, developing a care plan, and matching resources to the care plan, with particular emphasis on monitoring the services to ensure they are managed effectively. Fees vary, depending on the services provided.

For more information contact:
Patricia Murphy Cosgrove MSW, RSW
Halifax, NS
Phone: . . . .(902) 431-6407
E-mail: caremanagement@hfx.eastlink.ca

Caregiver Resource Library — Nova Scotia Centre on Aging

See information provided on page 40.

Family Caregivers Association of Nova Scotia

This provincial association provides information and support to caregivers —those special people who care for family, friends, or neighbours of any age who are physically or mentally challenged, chronically ill, or frail. Their care can be provided either at home or in a care facility. Caregivers are neither paid nor volunteers due to their personal bond with the care receiver.

Support groups for family caregivers are active in many parts of Nova Scotia.

Contact the association to locate the group nearest you, receive a free newsletter, or find answers to your caregiving questions.

For more information, contact:
5355 Russell Street
Halifax, NS B3K 1W8
Phone: . . . .(902) 421-7390
Toll-free: 1-877-488-7390
E-mail: fcgans@nwood.ns.ca
Website: www.caregiversNS.org

Home Support Nova Scotia Association (HSNSA)

The association represents 15 not-for profit, community-based, home support agencies and addresses the issues and concerns of the home support industry in Nova Scotia.

HSNSA member agencies provide home support services to clients of the Department of Health's Continuing Care program.

For more information, contact:
Karen Slaunwhite
Executive Director, HSNSA
287 Lacewood Drive
Unit 103, Suite 349
Halifax, NS B3M 3Y7
Phone: . . . .(902) 479-0989
Email: hsnsa@hfx.andara.com

Respite Care

Some long-term care homes have respite care beds set aside to allow your care needs to be met in a long-term care home while your caregivers have a break *(see page 100).*

Call the Continuing Care toll-free line at **1-800-225-7225**, to learn more about the respite services for caregivers available through the Continuing Care program *(see page 98).* Respite services are also provided by many private home care agencies *(see page 111).*

Palliative Care and Coping with Death

Palliative care combines active and compassionate therapies to comfort and support individuals and families who are living with a progressive life-threatening illness, or who are bereaved.

Palliative care can provide relief from pain and other distressing symptoms, and offer a support system to help you live as actively as possible until death. It can also offer a support system to help your family cope during your illness and in their own bereavement.

Nova Scotia Hospice/ Palliative Care Association

This association promotes the philosophy and principles of palliative care. It provides education for its members and the public, and speaks for palliative care in the province. The association offers a directory of palliative care, hospice, and support services in Nova Scotia. To obtain a copy of the directory, either send an e-mail to the association at **<judy.simpson@ccns.nshealth.ca>**, or call the Senior Citizens' Secretariat at **1-800-670-0065**.

For more information, contact:
Ann McKim, President
c/o 207 Willow Street
Truro, NS B2N 5A1
Phone: . . . .(902) 893-5554 *ext.*2308
E-mail: amckim@chdha.ns.health.ca

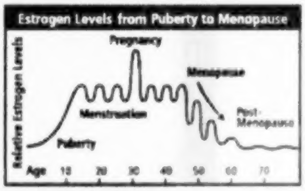
Pre-Planning Your Affairs

The period following a death is a highly emotional one. Some pre-planning can spare your friends and family from confusion, worry, some agonizing decisions, and legal entanglements. Do you know where your important papers and

Important information for women during midlife.

It's all about estrogen.

From adolescence a woman's estrogen levels have a familiar cycle. However, at some point they start to fluctuate and decline causing symptoms associated with midlife – hot flashes, night sweats and mood swings.



What nature takes away, however, it can also replace.

The natural dietary approach.

In major health studies of Asian and Latin women, midlife is a relative non-event[1]. Their diets are traditionally rich in isoflavones (natural plant estrogens) obtained through their consumption of lentils, soy, chick peas and other legumes.

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References: 1. Kimira M et al. Japanese intake of Flavonoids and Isoflavonoids from Foods. *Journal of Epidemiology* Vol 8, No 3: 168-175. 2. Novogen, data on file. © 2002, Novogen (Canada) Limited.

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documents are located? If you don't, it is unlikely that your survivors will be able to find them either.

Important Documents — Your immediate family or friends should be entrusted with the location of your personal documents. This matter is best done by preparing a list of your most important documents, and keeping them in one location. You should include these documents in your record: birth certificate, social insurance number, will, insurance policies, mortgages, deeds, tax bills, leases, debts, and bank accounts.

Preparing for an Expected Death at Home

A brochure is available on the Department of Health website at **<www.gov.ns.ca/health/reports.htm>** to assist persons who are preparing for an expected death at home. It has two sections: the first is written for the person who is terminally ill; the second will help family, friends, and others understand what is happening to their loved one during the last days and hours of life. To request a print copy of the brochure, contact the Senior Citizens' Secretariat, at **1-800-670-0065**.

Funeral Arrangements

When someone dear to you dies, it is important to find his/her instructions concerning funeral arrangements and bequeathing the body for medical research or organ donation. Funeral arrangements can be very expensive. Ask for detailed estimates before committing yourself, and try to cut costs by eliminating the items you consider to be least important. Cremation is one available alternative.

In situations where there is little or no money for funeral expense, assistance may be available through the Nova Scotia Department of Community Services. To apply, contact the Field Office nearest you *(see page 60)*. Members of religious organizations should call their clergy first, to discuss matters. If the deceased was a war veteran, Veterans Affairs Canada may provide assistance.

Last Post Fund Veterans Funeral Services

The Last Post Fund is a non-profit national corporation with branches across Canada. Its purpose is to arrange and pay for the funeral and burial of qualified war veterans.

Applications for reimbursement of funeral and burial costs may also be submitted for

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consideration up to one year following the death of a war veteran.

For more information, contact:
Last Post Fund, Nova Scotia Branch
Suite 108, 6080 Young Street
Halifax, NS B3K 5L2
Phone: . . . .(902) 455-5283
Toll-free: 1-800-565-4777
E-mail: lpfnsb@attcanada.net
Website: www.lastpostfund.ca

Notification of Death

Following the death of a spouse or loved one it is necessary to contact various government and private companies and advise them to terminate programs. A brief listing of contacts follows:

- Human Resources Development Canada, Income Security Programs *(Old Age Security Pension, Canada Pension, Veterans Pension)*
- Private pension board of previous employer
- Nova Scotia Department of Health Pharmacare
- Nova Scotia Registry of Motor Vehicles re driver's licence
- Insurance companies
- Credit card companies

Death Certificate

In most situations funeral directors look after the arrangements and have the death registration submitted to the Deputy Registrar General. If you require a copy of the death certificate for any purpose, it may be obtained for a fee of $20 from the Deputy Registrar General.

For more information, contact:
Service Nova Scotia and
Municipal Relations
PO Box 157, Halifax, NS B3J 2M9
Phone *(Halifax)*: . . . .(902) 424-4381
Toll-free: 1-877-848-2578

Death Benefits

Several pension plans include survivor benefits. All sources of income for the deceased should be checked to see what provisions are made for survivors. Because of the way pensions and annuities are treated under the Income Tax Act, it is important for a surviving spouse to examine all options. Plans to consider are: Old Age Security, Canada Pension Plan Death Benefit, Surviving Spouse's Benefit, Dependent Childrens' Pension, and any private pension plans, i.e. military pensions, company and/or other work related plans. If you need assistance with this, consult an accountant.

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Dartmouth 462-1434
Sackville 864-1434

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Funeral Service Association of Nova Scotia

P.O. Box 376, Arichat NS B0E 1A0
Phone (902) 226-3301
Website www.fsans.com

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Chronic Disease Resources

Abilities Foundation of Nova Scotia

This foundation serves children, teens, and adults with physical disabilities in Nova Scotia. Services include assistive devices, a job-skills training centre, mobile medical clinics, active living programs, a polio survivors support group, and information and referral services. You can call to request an authorization form for reduced-fare bus/train tickets.

The foundation has an Easter Seals and March of Dimes planned-giving program with significant tax benefits. This program gives donors an opportunity to provide for the future, and a way to give a gift while maintaining financial security.

For more information, contact:
Faye Joudrey, Coordinator
Community and Client Services
3670 Kempt Road, Halifax, NS B3K 4X8
Phone: . . . .(902) 453-6000
E-mail: .admin@abilitiesfoundation.ns.ca
Website: www.abilitiesfoundation.ns.ca

ALS Society of Canada

This voluntary organization is committed to supporting research towards a cure for Amyotrophic Lateral Sclerosis (ALS), and to supporting ALS partners in the provision of quality of care for persons affected by ALS. The society offers and provides information and referrals, support for persons with ALS and their families, equipment programs, and advocacy.

For more information, contact:
ALS Society of Nova Scotia
318–7071 Bayers Road
Halifax, NS B3L 2C2
Phone: . . . .(902) 454-3636
E-Mail: als.society@ns.sympatico.ca
Website: www.als.ca

Alzheimer Society of Nova Scotia

The society is committed to relieving the personal and social effects of Alzheimer disease and other dementia. It helps individuals, family members, friends, and caregivers affected by the disease. The society also supports the search for the disease's cause and cures.

Programs include: an education and support program, advocacy, fund development events, and resource services accessible to all Nova Scotians. The society's education and support groups offer telephone support and monthly meetings throughout Nova Scotia. You can ask for a list of resource services, books, and videos. Free information packages are available.

Family Education Support Groups — The Alzheimer Society has 32 locations in the province that offer support and information to families. Monthly support groups give you the opportunity to learn from the experiences of other families. Meetings may feature guest speakers or video presentations. In areas where meetings are not held, the volunteer community leaders provide telephone support.

Early Alzheimer Support Program — This program is for individuals diagnosed in the early stages of Alzheimer disease. It consists of a support group led by trained professionals with experience helping individuals and families affected by a memory disorder. Support groups meet for a total of eight sessions at the QEII Health Sciences Centre – Camp Hill Veterans

Memorial Building.

For more information, contact:
5954 Spring Garden Road
Halifax, NS B3H 1Y7

Phone:	(902) 422-7961
Toll-free:	1-800-611-6345
E-mail:	info@alzheimer.ns.ca
Website:	www.alzheimer.ca

Arthritis Society

The society funds and promotes arthritis research, patient care, and public education. Through its program of public education and information, the society distributes information on the more than 100 different forms of this disease.

Arthritis Self-Management Program — This program helps people with arthritis learn how to manage their condition. Anyone with arthritis and/or their friends or family members can participate for a fee of $25. A copy of *The Arthritis Helpbook* is included in the cost.

For more information, contact:
Arthritis Society, Nova Scotia Division
West End Mall, 6960 Mumford Road,
Suite S13
Halifax, NS B3L 4P1

Phone:	(902) 429-7025
Toll-free:	1-800-321-1433
E-mail:	info@arthritis.ca
Website:	www.arthritis.ca

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orthoticseast@ns.aliantzinc.ca
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Canadian Cancer Society

This volunteer-based organization provides support for families affected by cancer, offers programs and information to help people reduce their cancer risk, and raises funds for cancer research. Call toll-free at **1-800-639-0222** or visit the society's website for help or more information on the society's programs, services, and volunteer opportunities.

Cancer Information Service — The society also offers a toll-free cancer information service at **1-888-939-3333**. Staffed by caring professionals, this confidential service can provide information on all aspects of cancer, including risk reduction, cancer treatment and side effects, alternative therapies, emotional support and resources in your community.

Canadian Diabetes Association

This association promotes the health of Canadians through diabetes research, education, service and advocacy. Services include summer camps, weekend retreats (one especially for those 50+), literature, awareness, and other educational

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- Fax: (902) 835-6887
- Toll Free 1-800-565-3394

sessions. The Diabetes Dialogue Magazine, issued quarterly, is included with membership.

The association runs the Diabetes Supply Centre which sells diabetes supplies, excluding medications.

For more information, contact:
Canadian Diabetes Association
Nova Scotia Region
6080 Young Street, Suite101
Halifax, NS B3K 5L2
Phone: ....(902) 453-4232
Toll-free: 1-800-362-7712
Website: www.diabetes.ca

Canadian Liver Foundation

The Foundation works to raise funds for research and education into the causes, diagnoses, prevention, and treatment of liver disease.

The Foundation provides many services for liver disease patients, their families, health care professionals and the public. Services include: education programs, information services, public awareness activities, research grants, organ-donation awareness campaigns.

For more information, contact:
Ms. Billie Potkonjak
Suite 1500, 2235 Sheppard Avenue East
Toronto, ON M2J 5B5
Phone: ....(416) 491-3353
Toll-free: 1-800-563-5483
E-mail: clf@liver.ca
Website: www.liver.ca
or
Halifax Chapter
Gina Lipton
Phone: ....(902) 423-8538

Canadian Mental Health Association

The Nova Scotia division of CHMA promotes the mental health of all Nova Scotians while recognizing cultural diversity. Branches of the CHMA may offer any of the following services: informal social support for individuals of all ages who have had mental health problems, information about mental health services and resources, public education to encourage open minds and understanding, and advocacy for improved mental health services.

For more information, contact:
Nova Scotia Division
Phone: ....(902) 466-6600
E-mail: cmhans@netcom.ca
JMcmor3524@aol.com

Annapolis County — Bridgetown
Phone: ....(902) 665-4801

Cape Breton — Sydney
Phone: ....(902) 567-7735
E-mail: cmhacbrh@cbhc.ns.ca

Colchester/East Hants County — Truro
Phone: ....(902) 895-4211
E-mail: cmhfc@ns.sympatico.ca
jsclark@tru.eastlink.ca

Dartmouth
Phone: ....(902) 463-2187
E-mail: tonycmhadart@accesswave.ca

Halifax
Phone: ....(902) 455-5445
E-mail: cmhahal@istar.ca

Kings County — Kentville
Phone: ....(902) 679-7464
E-mail: Mhepburn.cmhao@ednet.ns.ca

Lunenberg County — Bridgewater
Phone: ....(902) 543-7082
E-mail: dentoncca@hotmail.com

Pictou County — New Glasgow
Phone: . . . .(902) 755-9441
E-mail: cmha.pcb@ns.sympatico.ca

Epilepsy Association of Nova Scotia

The Association provides support to Nova Scotians affected by epilepsy. Services include information, counselling, advocacy, education programs to schools and employers, scholarships, research grants, social functions, a newsletter, and a resource library.

For more information, contact:
Deborah Boltz, Executive Director
Phone: . . . .(902) 429-2633
E-mail: eans@ns.sympatico.ca
Website: www.epilepsyns.com

Halifax Stroke Club

The club operates as a self-help group for stroke survivors, family, and friends. It also offers support and companionship.

For more information, contact:
John Wells
Phone: . . . .(902) 435-0127

Heart and Stroke Foundation of Nova Scotia

This foundation promotes the study, prevention, and reduction of premature death and disability from heart disease and stroke. It supports research, education, and the promotion of healthy living.

The foundation offers a variety of programs and educational resources to patients, their families, and to the general public. Current programs include: Living with Stroke, Heart to Heart, Heart Smart Nutrition Program, HeartSmart(tm) Basics, Leaders Among Us, Hearts in Motion, and Emergency Cardiac Care/CPR.

For more information, contact:
Executive Director
204–5523 Spring Garden Road
Halifax, NS B3J 3T1
Phone: . . . .(902) 423-7530
Toll-free: 1-800-423-4432
Website: www.heartandstroke.ca

Kidney Foundation of Canada

This foundation is dedicated to improving the health and quality of life of people living with kidney disease. The foundation funds research and clinical education, provides services for the special needs of individuals living with kidney disease, advocates for access to high-quality care, and actively promotes awareness of and commitment to organ donation.

For more information, contact:
Marie Oxner, Office Administrator
Nova Scotia Branch
1657 Barrington Street, Suite 235
Halifax, NS B3J 2A1
Phone: . . . .(902) 429-9298
Toll-free: 1-800-889-5557
E-mail:
kidneyfoundation@ns.sympatico.ca
Website: www.kidney.ca

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Lung Association of Nova Scotia

This association is a volunteer-driven health charity. Fundraising activities provide resources to support improved respiratory health and a fight against lung disease. Programs include public education, research, patient services, and professional education for the medical community.

For more information contact:
Bill VanGorder, President CEO
17 Alma Crescent
Halifax, NS B3N 3E6
Phone: . . . .(902) 443-8141
Toll-free: 1-888-566-LUNG (5864)
E-mail: info@ns.lung.ca
Website: www.ns.lung.ca

Multiple Sclerosis (MS) Society of Canada

The MS Society works to find a cure for multiple sclerosis and is dedicated to improving the quality of life for people with MS. The Atlantic Division raises funds for MS research and provides information, funding and support to people with MS, their family and friends, and health care professionals.

For more information, contact:
Atlantic Division
71 Ilsley Avenue, Unit 12
Dartmouth, NS B3B 1L5
Phone: . . . .(902) 468-8230
Toll-free: 1-800-268-7582
E-mail: info.atlantic@mssociety.ca
Website: www.mssociety.ca

Muscular Dystrophy Association of Canada

This organization generates financial and human resources to help people who have neuromuscular disorders. It also supports the search for cures.

For more information, contact:
Janet Everest
Atlantic Division
1888 Brunswick Street, Suite 804
Halifax, NS B3J 3J8
Phone: . . . .(902) 429-6322
E-mail: infoatlantic@mdac.ca

Osteoporosis Society of Canada

This society educates, empowers and supports individuals in the prevention and treatment of osteoporosis. The society is a resource for patients, health professionals, the media, and the general public. You can call the society to ask for medically accurate information on the causes, prevention, and treatment of osteoporosis.

For more information, contact:
Nova Scotia Chapter
Jean Murdoch, Chairperson
Phone: . . . .(902) 445-2448
or
Osteoporosis Society of Canada
33 Laird Drive
Toronto, ON M4G 3S9
Toll-free *(English)*: 1-800-463-6842
(French): 1-800-977-1778
E-mail: osc@osteoporosis.ca
Website: www.osteoporosis.ca

Parkinson Society Canada

This organization, with partners across Canada, shares a collective vision to ease the burden and find a cure for Parkinson's disease. Programs include: advocacy, education, research, and support services to improve quality of life for people affected by Parkinson's.

Call the toll-free number for information on support groups and chapters.

For more information, contact:
Maritime Region
5475 Spring Garden Road, Suite 407
Halifax, NS B3J 3T2
Phone: . . . .(902) 422-3656
Toll-free: 1-800-663-2468
E-mail: parkinsonsociety@ns.sympatico.ca
Website: www.parkinson.ca

Psoriasis Society of Canada

This society is an organization of support groups. Its goals are to increase awareness of the disease, form support groups across Canada, consult with government, assist with programs and services, and encourage research programs.

For more information, contact:
Judy Misner, President
PO Box 25015
Halifax, NS B3M 4H4
Phone: . . . .(902) 443-8680
Toll-free: 1-800-656-4494
Website: www.psoriasissociety.org

Professional Associations

Association of Independent Health Care Services of NS

This association is made up of private-sector health service providers. It works with the provincial government to legislate standards of health care services for health service agencies. It also monitors consistency in the delivery of those standards.

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Carol Trites
PO Box 285, Hantsport, NS B0P 1P0
Phone: . . . .(902) 684-1156

Continuing Care Association of Nova Scotia (CCANS)

CCANS, a not-for-profit organization, represents service providers that work to address the needs of those in our society who need help and support with the tasks of daily living. It provides leadership and direction in the field of continuing care for all Nova Scotians, through education, by advocating on their behalf, and by supporting care providers.

For more information, contact:
Debra Leigh, Chief Operating Officer
Bloomfield Centre Office
2786 Agricola Street, Room 119
Halifax, NS B3K 4E1
Phone: . . . .(902) 453-2977
E-mail: ccans@ns.sympatico.ca
Website: www.ccans.cjb.net

Home Support Nova Scotia Association (HSNSA)

The association represents 15 not-for profit, community-based, home support agencies and addresses the issues and concerns of the home support industry in Nova Scotia.

HSNSA member agencies provide home support services to clients of the Department of Health's Continuing Care program.

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For more information, contact:
Karen Slaunwhite
Executive Director
287 Lacewood Drive
Unit 103, Suite 349
Halifax, NS B3M 3Y7
Phone: . . . .(902) 479-0989
Email: hsnsa@hfx.andara.com

Medical Society of Nova Scotia

This professional association represents all medical doctors in the province. It is structured to allow the broadest input from its members. Fifteen branches provide an opportunity to address local and community issues and concerns.

For more information, contact:
5 Spectacle Lake Drive
Dartmouth, NS B3B 1X7
Phone: . . . .(902) 468-1866
Website: www.doctorsns.com

Nova Scotia Association of Health Organizations (NSAHO)

The members of this organization are health and community service providers from across the province. The organization offers clinical engineering, education, human resources, insured benefits, NSAHO pension plan, and policy and representation. Other services and programs are available. Most NSAHO services operate on a fee-for-service basis.

For more information, contact:
2 Dartmouth Road
Bedford, NS B4A 2K7
Phone: . . . .(902) 832-8500
Website: www.nsaho.ns.ca

Give us your comments

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Continued on next page

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Your answers and comments will be very useful in preparing the next edition of *Programs for Seniors*.

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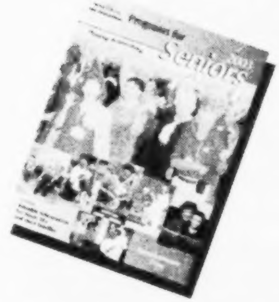

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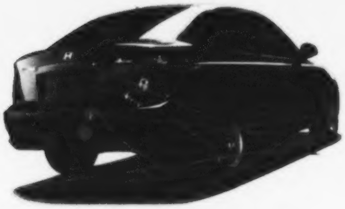

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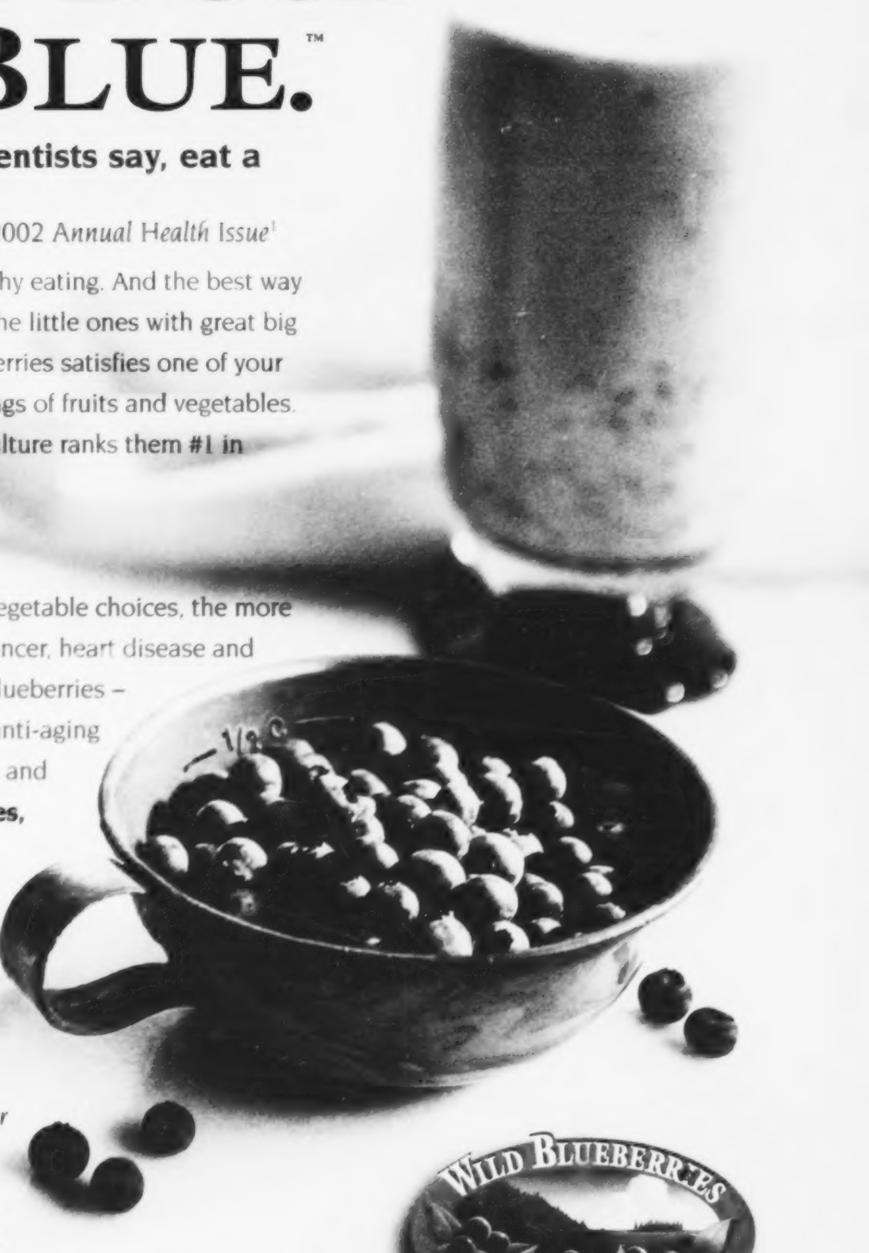

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[1] **TIME,** January 21, 2002

[2] Source: *Journal of Agricultural and Food Chemistry* 44:701-705; 3426-3431, 1996; 46:2686-2693, 1998

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